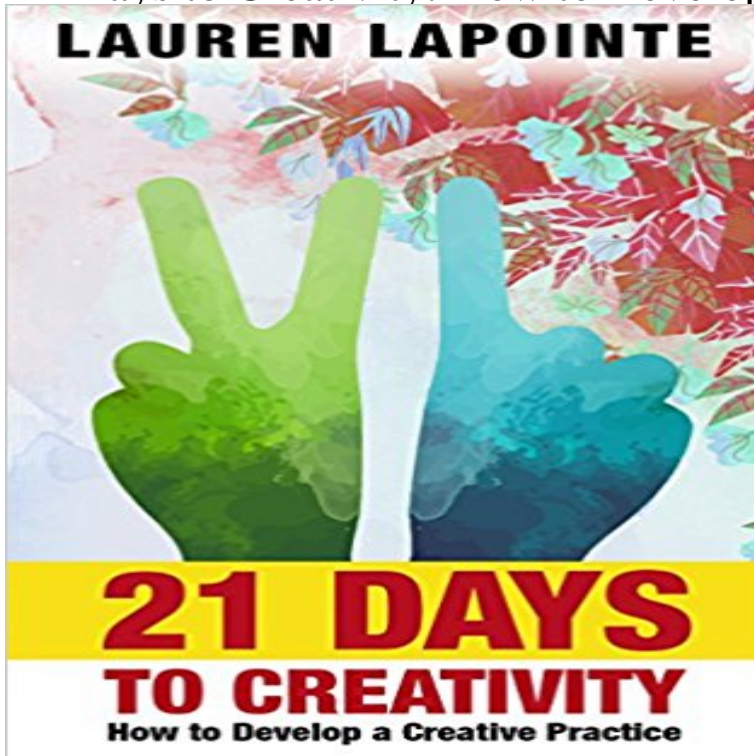


21 Days to Creativity: How to Develop a Creative Practice



Have you been craving a life that feels more creative and filled with intention, meaning, and joy? Maybe you've tried to fit a regular creative practice into your life but you're having trouble sticking with it or just getting started? Whether you consider yourself to be a beginner or experienced creative, this comprehensive twenty-one day program will give you plenty of techniques, tools, and inspirations for a more fulfilling, creative life. Each of these activities is designed to take no more than twenty minutes a day so that they are accessible, reasonable, and can fit into the busiest of schedules. Since it takes twenty-one days to form a new habit, by the end of the book you will be well on your way to making creativity a regular and daily part of your life. And a life filled with creativity is a life filled with passion, magic, and purpose. This book will include: Getting Prepared: How to find the right space and time for creating. Getting Started: Techniques for transitioning from our busy day-to-day lives to our creative work - or for getting unstuck - that include journaling, walking, ritual, meditation, and others. Getting Inspired: Learning how to identify what inspires you and how you can tap into that at any time. Getting Focused: How to go from initial inspiration to actual completed project through planning, goal setting, and scheduling. Getting Productive: How to stay with your creative work by holding yourself accountable, finding the right supports, and tracking your progress. Carrying It Forward: How to take what you have learned from this program and apply it to your future creative work. What you will learn: - How to make creativity a daily part of your life - How to sample various creative practices and techniques to determine what works best for you - How to pick the one creative project that is most meaningful to you at this time - How to set goals for your project so that you can see it

through to completion - How to make a long-term and short-term plan for your creative work - Lots of creative ideas and inspiration - A deeper understanding of your creative rhythms and habits - How to get started with your creative work - A discovery of what inspires you and how to tap into that anytime - How to find the right creative support for yourself and hold yourself accountable - How to get unstuck from a creative project - How to commit to yourself and your creative work - And much more! This book was inspired by the online course of the same name. If you would like to follow along with the video course, you will find a free coupon inside the book. However, please note that this book is designed to stand-alone as well.

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