

Take Yourself on an Artist's Date

Take a long walk alone and focus on the details you see.

Visit the local playground and swing.

What can you think up that will energize you?

Post Two Bulletin Board Messages

Compose thoughtful a message or two and post them to bulletin boards with your signature and include a link to your web site.

Whom Do You Want to Meet?

What people would mentor you, support you, encourage you, cheer you on, and provide advice? Where are they? Go find them!

Where Do You Want to be in 90 Days?

Forget five years! Set goals for the next 90 days. What do you want to accomplish? Write these goals down and post them where you'll see them every day. Keep track of your success and cheer yourself onward.

Create a Beautiful Space

Rid yourself of those energy-sucking piles. Create a space that's comfortable and conducive to your work.

Visualize Success Daily

Live as if your goal has been achieved.

See your published writing.

Visit your work in a gallery.

Meet your new clients.

Make an Outrageous Request

What do you want right now? Ask for it. See what unfolds. Allow yourself not to be attached to the outcome and move on to your next request.

Celebrate Failure

When you fail and it's because you took action related to your goals, you are still moving towards your dreams. When something doesn't go as planned, say "How fascinating!" What shifts in you? Ask yourself "what did I learn?"

Break Away

Pick a topic you don't understand and don't like very much. Read a book, watch a video or interview someone about the topic. Pretend this topic fascinates you, and write about what you find interesting. This will help you expand your vision and infuse your art with new energy.

Introduce Yourself to Five People

Where can you meet new people? Coffee shops, art shows, poetry readings, exhibits, in line at the movies, networking groups. Make it a priority to introduce yourself to five new people this week!

Feel the Fear...

...and do it anyway.

Have Tea or Coffee

Call up a friend or acquaintance and meet them for tea or coffee. Mention what you do and ask them what they think. The possibilities are endless.

Embrace Your No

Say no to requests and opportunities that do not help you reach your goals.

Give Yourself a Creative Jolt!

Do something that has nothing to do with your current project. If you're a poet, dance. If you're a dancer, draw something. Get out of your regular method of expression and explore a different action. With different actions, you can achieve different results.