

Creativity Challenge

The 30-day challenge is an opportunity to change your life in just one month. By identifying something you can work on in small doses all month long, you will be one step closer to the person you want to be. In collaboration with Riley Sheehey, we've created a 30-day challenge for daily activities that encourage creativity.

I want to make this 30-day challenge happen because...

My plan of action is...

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Riley's Tips & Tricks:

1. Try and set aside a moment each day to make something, even if it's just a couple of minutes.
2. This works more for drawing/painting, but I keep a list of "themes" or ideas/subjects to come back to on my phone for when I'm feeling uninspired.
3. Whether it's a digital collage or an actual scissors/paper/glue collage, drawing inspiration from collecting images helps to jump-start creativity.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Make a List of Things You're Curious About <input type="radio"/>	Sign Up for an Online Art Class <input type="radio"/>	Plant Flowers, Herbs, or Vegetables <input type="radio"/>	Have a 5-minute Dance Party <input type="radio"/>	Make a Collage With Magazines, Ticket Stubs, etc. <input type="radio"/>	Glue a Found Object to a Piece of Paper, and Draw Around It <input type="radio"/>	Paint on an Unusual Object (sandals, canvas bag) With Acrylic Paint <input type="radio"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Free-Write for 15 Minutes <input type="radio"/>	Bake Something From Scratch <input type="radio"/>	Go on a Walk & Take Photos of Interesting or Inspiring Things <input type="radio"/>	Watch a Documentary About Someone Who Inspires You <input type="radio"/>	Make Origami, Start With a Crane <input type="radio"/>	Plan a Scavenger Hunt for Your Friends <input type="radio"/>	Write a Letter to Your Future Self <input type="radio"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Go on a Virtual Art Museum Tour <input type="radio"/>	Create a Floral Arrangement <input type="radio"/>	Decorate Your Workspace With Art or Quotes That Inspire <input type="radio"/>	Draw Your State & Fill It With Words That Remind You of Home <input type="radio"/>	Listen to a Song by a New Artist <input type="radio"/>	Journal: Describe Your Perfect Day <input type="radio"/>	Make an Old T-Shirt New Again With Tie-Dye <input type="radio"/>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Hand-Letter or Illustrate Your Favorite Quote <input type="radio"/>	Create a Card & Send It to a Friend <input type="radio"/>	Draw Your Self-Portrait <input type="radio"/>	Create an Inspiration or Mood Board <input type="radio"/>	Draw a Sketch Using a Single Line - Don't Lift up Your Pen! <input type="radio"/>	Write a Haiku About Your Day <input type="radio"/>	Identify Furniture You Could Fix, Repaint, or Refinish <input type="radio"/>
DAY 29	DAY 30	DAY 31				
Create an Outline Drawing and Give it to a Friend to Color in <input type="radio"/>	Fill a Blank Page with Free-Hand Doodles <input type="radio"/>	Light Your Favorite Candle and Enjoy It for 10 Minutes <input type="radio"/>				

Reflect and celebrate. How do you feel after completing the 30 day challenge?

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