

AS CREATIVES, WE NEED TO BEWARE OF:

- The morning social media scroll
- The “noise” of other people on social media and in person
- Playing the comparison game to where others are in life & creatively
- Your energy levels. Where are you choosing to put that energy?

“Make sure that the first thing that you do in the beginning of the day is think your own thoughts”

SO, WHAT CAN YOU CREATE?

- A structured morning routine that helps you become more present
- Write in a journal (thoughts, poetry sketches, art ideas, titles for a future piece, etc.)
- Brain Download for the next day (to-do list)
- Your intentions for the upcoming day

TIPS:

- Set screen time limits on your phone to help you become aware of your intentions behind your screen time
- Actively choose how you are spending your time (either actively rest or actively be focused on being productive)
- Set your own tone for the day before you let someone else set it for you
- Learn from others and from history but listen to and trust your own thoughts first

QUOTES:

- “Make sure that the first thing that you do in the beginning of the day is think your own thoughts”
- “Perfect is the enemy of done”
- “Perfect is the lowest expectation you can set for yourself because it is unobtainable”