



WRAP UP - WEEK 1

YOUR BEST DAY EVER

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A great tool for staying focused is a hybrid of big, grand scheme thinking and identifying small elements and steps needed to make it all real. This exercise covers the first part - the part about dreaming big. Imagine a single day where all of your activities and efforts align with your dreams and absolute best outcomes that you could imagine for your life as an artist. In this imaginary place, explore the thoughts and feelings of how you'd truly want your best day to unfold.

WHAT DOES IT LOOK LIKE?

In your ideal life as an artist, what exactly would your day look like? Visualize the entire day, from start to finish, with everything going exactly the way you want it to. Everything from waking up at just the right time, to having a productive time in the studio, to handling every important phone call from your agent or gallerist with grace, to having a positive meeting with a collector of your work, to telling someone who loves your work more about your process, your concepts, your intentions when you made it. Or. You get the point.

WHAT DOES IT FEEL LIKE?

Take some time to really imagine what your ideal day will feel like and let yourself indulge in that feeling, even if it's just for a few minutes. Letting this feeling really sink in tells your subconscious brain what you have the capacity to experience on a day-to-day level. Do this exercise as often as you can. You'll feel the benefits of not only hoping, but anticipating the success you want to ou'll get Iso helps to prepare you in feeling more confident as you make bigger and bigger strides that take you out of your comfort zone.

A series of 30 horizontal lines for writing, arranged in two groups of 15 lines each.

"WE ALL LIVE IN THE HOUSE OF WHAT WE PAY ATTENTION TO."

– Ani DiFranco, Musician and Activist

Below is a sketch of the Cycle of Completion. We've included this for you to use as a visual concept to break down your goals into identifiable steps. It can be easy to get stuck in certain stages of this process, so seeing the cycle visually can help you to understand where you are in the process, see what's ahead, and keep you motivated as you move from decision to completion.

