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The100DayProject Newsletter - Issue 2 - November 2013

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Hello!

Welcome to the second issue of The100DayProject newsletter!

We hope your November is off to a great start!

The100DayProject exhibit is drawing to a close at the Marquette Arts & Culture Center gallery. Attendance has been fantastic with lots of positive comments from gallery visitors! Thanks for those.

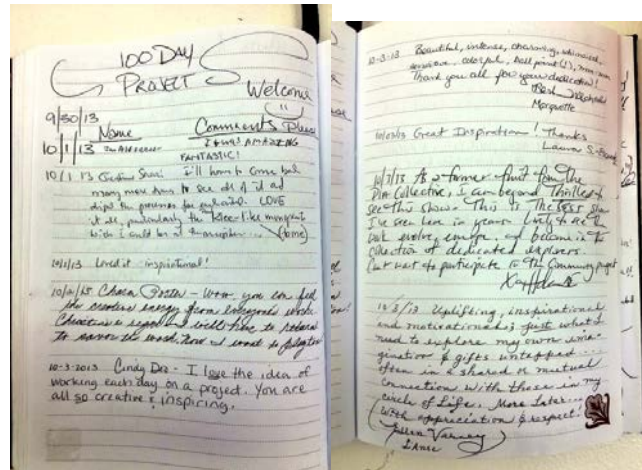
Community 100DayProject Information Meetings:

Join the exhibit artists for a conversation about The100DayProject and learn tips about starting your own project!

Kick start your creativity by attending one of these *free* meetings!

Questions? Please call Liz Yelland at 906-475-7942 or Melissa Middleton at 906-236-4433.

Meeting Dates & Locations:



If you haven't been to the exhibit yet, there's still time. Due to high attendance, the closing date has been extended a few more days until Thursday, November 21st.

We're thrilled to know that so many of you felt inspired by the exhibit to start your own 100 day projects! That was the plan!

It begins with a simple idea...

November 14th, Thursday:
7-9PM at the Joy Center in
Ishpeming:

December 7th, Saturday:
1-3PM at the Marquette Arts
& Culture Center in
Marquette.

January 4th, Saturday:
1-3PM at the Marquette Arts
& Culture Center in
Marquette.



100 day projects start with an idea. We call that idea the "Spine" - a term borrowed from Tywla Tharp, [The Creative Habit](#).

The Spine is your North Star guidance. It's the central idea you'll be exploring for 100 days.

How do I choose a Spine?

A great spine is one you feel excited or curious about. It allows for exploration. If everything is all figured out ahead of time, why bother going on the journey, right? And choose a spine that fits into your life.

Live with your Spine idea for a while. If it haunts you, chances are it's a keeper!

Once you decide on a spine, write it down! Put it someplace where you'll see it everyday. Let it seep down inside so it develops roots rich with inspiration to energize your project.

Want to do a 100 day project but don't want to go it alone?



You can start a 100 day project anytime you want. But a lot of things are easier when we have someone to do them with, right? It's good for maintaining momentum and keeps us accountable.

Join with others by participating in the upcoming Community-wide 100DayProject! Kick off date is January 21st, 2014.

To join, register on the website at www.The100DayProject.com. It's free and it offers you:

1. Access to your own virtual gallery space on The100DayProject website where you can upload your project images and share your progress if you choose.
2. This newsletter subscription for updates, tips and inspiration.
3. Eligibility to participate in the Community celebration and exhibit in the summer of 2014.

All good stuff!

See the sidebar for upcoming Information Meetings about the Community 100DayProject!

What do you want, really want, to explore for 100 days?

The100DayProject gives you full permission to play and explore for 100 days. When was the last time you gave yourself permission to do that?

We say hogwash to any guilt, excuses, or inner gremlins in the way of you excavating your



creative spirit!

100 day projects are not about making perfect art, they're about the *process of creativity* and developing new ways of thinking.

And we say “yay” to that!

In the next newsletter, we'll share some ideas from the exhibit artists that may inspire and stir your imagination for your own 100 day project!

Best,
Ann Russ & Catherine Benda

Community100DayProject Update:

Launch date is Tuesday, January 21, 2014.

To participate, register on the website at www.The100DayProject.com.

Registering early will allow us to support you in your creative journey with tips and ideas designed to inspire and help you keep momentum with your project.

There will be a Community exhibit and celebration in the summer of 2014. This exhibit is open to anyone who registered and made it through at least Day 21.

Participation is free!



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