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The100DayProject Newsletter - Issue 1 - October 2013

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Welcome to The100DayProject!

"If creativity is a habit, then the best creativity is the result of good work habits.

They are the nuts and bolts of dreaming."

-- Twyla Tharpe, The Creative Habit

Thank you for subscribing to this newsletter! In the issue to come, we'll be offering you tips, ideas and resources to support you in your creative journey.

We'll keep you posted on the latest happenings with the upcoming Community-wide 100DayProject and share the creative journeys of others like yourself who are also interested in deepening and growing a creative habit.

While everyone's needs and skill levels are different, we believe that creativity is a skill. The more we practice, the more skilled we become. Through practice, we develop a creative habit. Through habit, we reconnect with and know ourselves again as a creative being.

Maybe you want to deepen your artistic habit, maybe you want to excavate some new ideas, or maybe you want to dust the cobwebs out of your creative brain and see what's there. The 100 day project is a good place to start.

If you're a veteran artist, it can reinvigorate your creative life through exploration and permission to play for 100 days.

If you're a novice, you can grow discipline and resilience by engaging in a regular practice of creativity for 100 days.

Wherever you are in your creative journey, here's what we know for sure. Habit, practice, ritual, and commitment are cornerstones for developing a creative habit.

Journey along with us. It's could be transformational!

In our next issue, we'll explore what's needed to start a 100 day project.

Community100DayProject Update:

Launch date is Tuesday, January 21, 2014.

If you want to participate, register by going to the website at www.The100DayProject.com. Registering early will give us time to get you into our system and allow us to support you in your creative journey with tips and ideas which we hope you'll find inspiring!

By registering, you'll also be eligible to participate in the Community exhibit and celebration in June. By registering, you'll also have access to your own virtual "gallery space" on the website where you can upload your project images to share with others (if you're one of the first 100 people to register). It's free to participate!



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