



Hello Steven,

Greetings and happy New Year! We hope 2014 is off to a great start for you!

*“The beginner’s humility and openness
lead to exploration.*

Exploration leads to accomplishment.

*All of it begins at the beginning,
with the first small and scary step.”*

(Julia Cameron)

Support Circles

*“Although our creative
process
is uniquely our own,
it’s empowering and
uplifting
to have a community
where we can check in.”*

Helen Haskell Remien
, The Joy Center .



We agree! Circles of Support for 100DayProject Arters are forming! One Circle will be at the **Joy Center** in Ishpeming. Mark your calendars with the first meeting date on **Thursday, February 13, 6:30-8:30PM**. For more info call



A Creativity Revolution...

There are many perspectives, starting places, new beginnings. The challenge is taking that first step! Begin your New Year with a creative resolution to start a creativity revolution in your life!

One way is to join the upcoming Community 100DayProject! **LAUNCH DATE** is Tuesday,

906.486.8966.

The **Joy Center** is also hosting a **Kick-off Event on January 15th!** Details in the **Community Partners** section in this newsletter.

For Arters exploring writing & poetry, attend the **Marquette Poets Circle** meetings (for prose writers too)! Every 4th Monday of the month.

Meets in the Shiras room (Peter White library). Come at either 5 or 6:30PM.

Questions? Call Janeen at 906.451.4473 or email her at janeenpergrin@gmail.com



More **Circle of Support** updates in the next newsletter!



project

Past issues of this newsletter at:

<http://the100dayproject.com/archive/>

January 21st, 2014. Registration closes Monday, January 20th. Go to www.The100DayProject.com to register. It's free and easy to do.

Want tips for succeeding with your 100 day project? Click on the "**Success Tips With Your Project**" link on the website!

If you've already registered, we'll email you a copy of your registration information to look over before the Launch Date.

Start with a Spine...



“Once you accept the power of Spine in the creative act, you will become much more efficient in your creativity.

You will still get lost on occasion, but having a Spine will anchor you.”

(Twyla Tharp)

All 100 day projects begin with an idea you want to explore for 100 days. We call that the “Spine” (borrowed from Twyla Tharp’s book The Creative Habit). Think of it as your project’s North Star.

A Spine begins with your first strong idea. It’s the statement you make to yourself outlining the intention for your project.

Here are **4 great tips** offered by

The100DayProject artists
for designing a great Spine:

1 one	2 two
3 three	4 four

Design tips for a Spine:

1. Keep it simple.
2. Allows for exploration.
3. Choose one you're **ExCiTeD!** or curious about!
4. Choose something that fits into your life.

*Once you decide on a Spine, write it down! Post it
some place where you'll see it everyday.*

Why Rules?

**"When you 'break all the barriers'
you get a pile of rubble."**

(Darby Bannard)



**After you decide on a Spine, create some rules.
They support your Spine. You craft them. They're
yours. They're important! Here's why...**

- Rules hold focus for your project.
- They help you manage the million and one distractions and temptations that will get you off track.
- They support momentum.
- They might be about materials, time, contingency plans, boundaries, etc.

Design tips for creating great rules:

Like Goldilocks and the three bear's story – rules work best when they're "not too strict, not too loose...ahhh, just right!"



Secondly, rules can be as simple or as detailed as you want.

Third, design your rules to set yourself up for success with your project.

Lastly, write them down so you can refer to them!

New Arter Updates...

If you've registered to do a 100 day project, you're an Arter! A lot of you are curious about what other Arters will be exploring in their 100 day projects. Here are **Spines & Rules** from new Arters to whet your curiosity.

Heidi G. from Marquette is building her project around the culinary arts.

Her rules are to plan/prepare a new recipe everyday for 100 days and photograph it.

She wants to end up with a 100 day Project Cookbook.



Joan M. from Marquette will be sketching and drawing daily. She likes the structure and discipline a 100 day practice offers to expand her capacity to draw what she

sees. Her project rules include sketching a minimum of 20 minutes each day then logging the time on a calendar.

Ann S. from Chassell will be using photographs as inspiration to create “art-quilt-bits” capturing the colors and textures of nature. Ann’s rules are to work each day for 15 minutes, log them, take photos of progress, and enjoy the freedom of using multiple techniques.

Mark L. from Guatamala (yes, you read that right – Guatamala) plans to paint seascapes (a lifelong dream). He’s given his 100 day project a title “Remembering the Sea”. Mark’s rules are to use recycled materials and limit the color palette to 3 pigments.

Janet Humann from Rio Rancho, NM will be researching and writing about a building her ancestors built in Cleveland Ohio. She plans to submit an article to Wikipedia about her family's role in the building's history.

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



Want to change your project idea
after you registered?

No problem!

Simply go to the website and re-register.

Takes just a minute and your
project info will be updated.

www.The100DayProject.com

Updates from our Community Partners!

macc
MARQUETTE
ARTS &
CULTURE
CENTER



Announcements:

The Joy Center in Ishpeming is hosting a Kickoff Event! This is a great opportunity to share 100 day project ideas. Receive tips from Liz Yelland, local artist and fellow participant, who has taken this 100 day creative journey before! **Wednesday, January 15th, 6:30-8:30PM.** Fee: Love offerings appreciated. Call 906.486.8966.

We welcome our newest Community Partner - **The Ore Dock Brewery** in Marquette!

The Ore Dock will be hosting the Community 100DayProject Completion Celebration event in May!



Our Community Partners are committed to your success by actively supporting the Community 100DayProject and Arters in their respective communities. More updates coming! .

If you'd like to join us as a Community Partner, please email Ann at info@The100DayProject.com

May your creativity revolution

spark & inspire new ideas in
the upcoming year! Welcome
to 2014!



Cheers,
Ann Russ & Catherine Benda
The 100DayProject Originators & Organizers

Community100DayProject Update:

Launch date is Tuesday, January 21, 2014. Last day to register is Monday, January 20th.

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 celebration in May 2014. This celebration is available to anyone who registered and made it through at least Day 21.

Participation is free!



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