



Success Tips With Your Project

www.The100DayProject.com

The100DayProject – Tips for Success

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Spirit of The100DayProject.

The100DayProject fosters a creative habit through a daily practice over a span of 100 days. Many people think we're born creative or we're not. The100DayProject challenges that assumption with the idea that creativity is a skill. The more we practice, the more creative we become.

The100DayProject is not about creating perfect art, it's about the *process of creativity* and developing new ways of thinking. It grows our capacity to imagine, innovate, and problem solve. It's about giving ourselves permission to play and explore for 100 days.

Creativity is also practical and not just for artists. It's for business people looking for fresh ways to connect with clients; it's for engineers working to solve a problem. It's for parents wanting to raise children to see the world in more than one way.

Setting up for Success:

Prepare ahead of time. When you leave for a trip, you plan your destination, the clothes you'll bring, a map, right? Starting a 100 day project is a lot like that. Here are some things to do *before Day 1*:

- Write out your "Spine" statement (what you'll be exploring for the 100 days. More on this below).
- Write out your project rules (to hold focus for your project. More on this below).
- Decide what time of day you'll work on your project.
- What materials will you need? Get them ready.
- Where will you work on your project? (protect that space - keep it for your project only for the 100 days).
- Get a friend or group of committed friends to join you with their own projects. You'll keep each other motivated.
- Make a contingency plan. For example, if you know you'll be travelling during the 100 days, decide ahead of time how you'll work on your project while you're away.
- What happens if you miss a day? Try not to, but if you do, mark it in some way (maybe a blank piece of paper with the date on it). Then pick up with your project the next day.
- Put a string up in your room. Hang up your 100dayproject work each day. Watch your project and commitment grow!
- Take the leap! Decide to COMMIT to your project for 100 days!
- Begin! On your start date! Ta da!

AND THE MOST IMPORTANT TIP OF ALL! It's the BIG Granddaddy tip. **Here it is: DO SOMETHING HANDS-ON WITH YOUR PROJECT EVERYDAY.** Even if it's just 5 minutes on some days.

Project Exploration or “Spine”:

What is this? All 100 day projects begin with an idea you want to explore for 100 days. We call that idea the “Spine”. Think of it as your project’s North Star.

Four design tips of a great Spine:

1. Keep it simple.
2. Allows for exploration.
3. Choose something you’re excited or curious about.
4. Choose something that fits into your life

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

Rules:

After you decide on your Spine, craft some rules. Why do you want “rules”?

Rules support your Spine. You create them. They’re important!

- They 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.
- Rules might be about materials, time, contingency plans, boundaries, etc.

Design tips for making rules:

- Just like Goldilocks and the three bear’s story – rules are best when they’re “not too strict, not too loose...ahhh, just right!”
- Your rules can be as simple or as detailed as you want.
- Design them to set yourself up for success with your project.

Write your rules down where you can refer to them.

Next steps:

1. Register on the website to join the Community 100DayProject at www.the100DayProject.com. It’s easy, and it’s free! Launch date is Tuesday, January 21st, 2014. You must register by Monday, January 20th, before midnight.

- Registering makes you eligible to be part of the Community completion celebration in May of 2014 (location to be announced). Eligibility also requires that you make it at least thru Day 21 with your project.
- Registering gives you access to virtual gallery space on the website where your images and progress can be uploaded and shared if you want.

- Registering subscribes you to the monthly e-newsletter containing creativity tips, inspiration, and support.

2. Visit the website and Facebook page often for updates about the Community project. Links to the Facebook page are on the website at www.The100DayProject.com. We welcome your comments on the Facebook page!

If you don't want to do a project right now but want to keep up with what's happening, you can subscribe just to the e-newsletter on website's home page.

3. Questions? Please email us at info@The100DayProject.com.

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