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December 2015 Issue

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The 100 Day Project

Excavating creativity through a daily practice of 100 days

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*"I don't believe in this 'gifted few' concept,
just in people doing things they are really interested in doing.
They have a way of getting good at whatever **IT** is".*
--Quote and chair design by Charles Eames

Greetings!

The holidays are right around the corner and so is a *new season of creativity!*

Getting good at whatever **IT** is that you're really interested in doing is at the heart of The100DayProject. We are passionate about creativity and supporting you and others in growing a creative habit! And in the spirit of that we're super excited to announce two community-wide art projects starting soon that you can be part of no matter where you live!

More about both Projects below...

But first we'd like to welcome our new subscribers -- we're glad you've joined this creative community and we hope you'll find ideas, stories, and tips here that will motivate and inspire you!

We also want to welcome our newest partner, the Gaylord Area Council for the Arts! They along with the Grand Marais Art Colony and the Marquette Arts and Culture Center are partnering with us this year to bring The100DayProject to their communities. We are thrilled to be partnering with these arts organization who

do so much to nurture the creative spirit in their local communities!



ND MARAIS ART COLONY



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Community Art Project #1: ***The Solstice Project - Out of the Darkness into the Light***

We are re-launching this community arts project again! Many of you told us how inspiring the project theme was for you last year.

What's the Solstice Project about?

The Solstice Project invites you to study, document, journal, create, practice, explore, make, observe, or initiate something new each week. This is meant to be a weekly hands-on visual, written, or audio interpretation of whatever interests you during the 13 weeks between the Winter Solstice and the Spring Equinox. Whatever will help bring you out of the darkness....

Important Dates: The Project starts soon -- on the Winter Solstice which is ***December 22nd, 2015***. It ends on the Spring Equinox - March 20, 2016.

Rules: there are none other than doing something hands-on with your project at least once a week.

Guidelines...if you want some structure or an assignment:

- Center your project on one theme – it can be as broad as you like.
- *Commit to doing something hands-on at least once a week.*
- Keep it fresh, let it go where it takes you.
- *Flow is the key word here.*
- Don't get caught up in quality.
- *Consider this a first draft in the creative process.*
- Relax your standards and expectations.
- *Find a buddy or start a group to share your experience with.*

Mull over intriguing ideas now for your Solstice project. What would you enjoy creatively exploring between the Solstice and Spring Equinox?

I'm in! What do I do next?

When you have a solid idea, register your project [here](#). It's free and easy to do. That's it! Then do something hands-on during the first week, and weekly thereafter.

We suggest documenting your progress and process – it supports learning, tracks your progress, and is an accountability tool.



Solstice Project documentation by Kelly Limberg- 2015

*“Creativity is inventing, experimenting, growing,
taking risks, breaking rules,
making mistakes, and having fun.”*

--Mary Lou Cook

More about the Solstice project [here](#) on our website. Also visit and like our [Facebook page](#) for latest updates and inspiration.

Community Art Project #2: ***The100DayProject for 2016***

We're excited to announce the 3rd annual community-wide 100DayProject! We're doing something different with The100DayProject in 2016 – we're pairing it with a theme called "*Across the Lake*".

What's the theme about?

As humans, we are hardwired for connection. Connection with others; with ourselves; with a place; with an identity; with an idea, value, material, or a skill. This concept of connection is what the *Across the Lake* theme is all about. The theme is an opportunity to explore connection as you define it. It can be creatively interpreted as broadly or as specifically as you want.

The theme also gives a nod to the geography shared by our arts organization partners in the beautiful Great Lakes region of the upper Midwest.

Of course, if you'd rather explore something else for your Project instead of this theme, we say go for it!



100DayProject work by Elizabeth Bates - 2015

Important dates: The *Across the Lake* 100DayProject starts **January 22, 2016** – and ends 100 days later on April 30th, 2016.

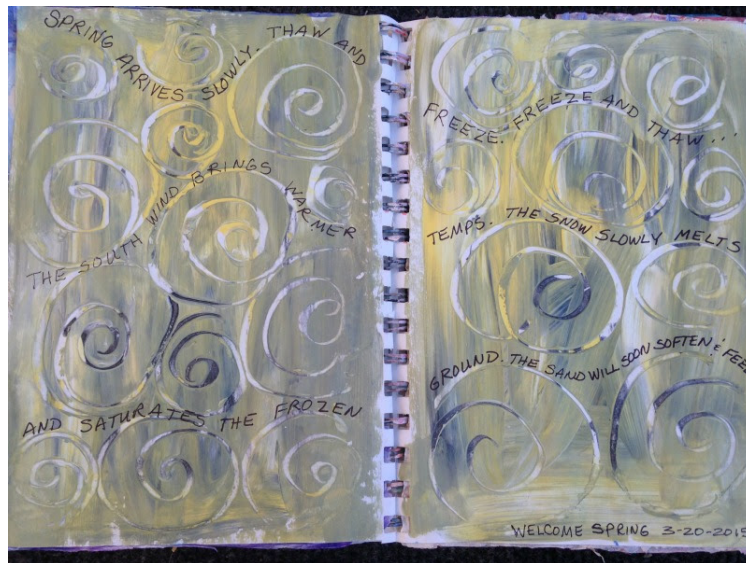
Mull over intriguing ideas now for your 100 day project. What creative exploration would you enjoy for 100 days? Come up with an idea — the simpler, the better.

When you have a solid idea, register your project [here](#). It's free and easy to do. Registration deadline is *January 22, 2016*.

How does it work? It's simple. Decide to participate. [Register](#) your project. Then begin on Day 1, **January 22, 2016** and do something hands-on with your project each day for 100 consecutive days – even if it's just 10 minutes a day.

Want tips for success with your Project?

Click [here](#) for ideas that have worked for others.

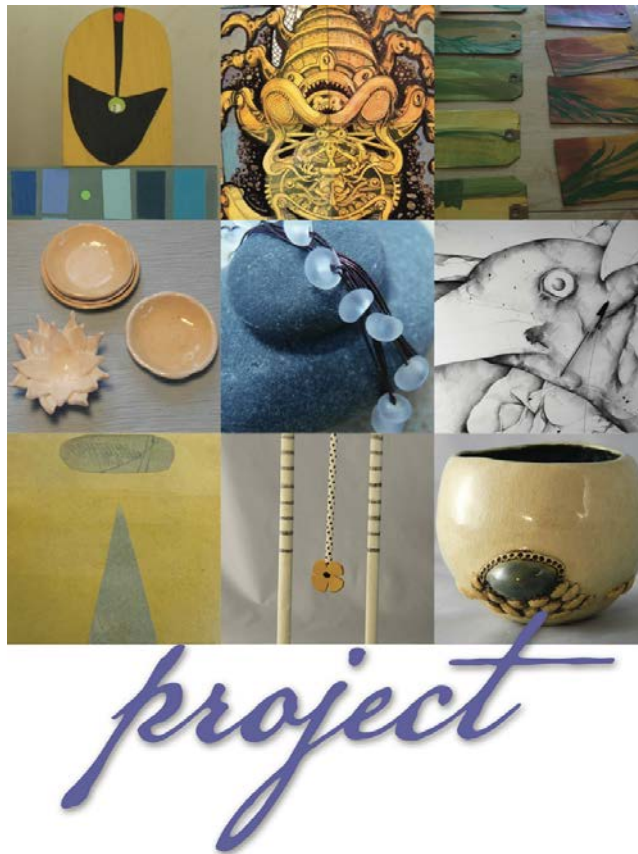


100DayProject work by Cindy Deo - 2015

A Creativity Excavation...

*“Everyone is born creative;
everyone is given a box of crayons
in kindergarten.
Then when you hit puberty they take the crayons away
And replace them with dry, uninspiring books
On algebra, history, etc.
Being suddenly hit years later with the
‘creative bug’
is just a wee voice telling you,
‘I’d like my crayons back please.’”*

By Hugn MacLeod
Ignore Everybody: And 39 Other Keys to Creativity



Collage of 100DayProject artwork by the original nine artists.
2013 Exhibit at the Marquette Arts & Culture Center

Happy Holidays!

We look forward to partnering with you in 2016!

Cheers,
Ann Russ & Catherine Benda
The100DayProject Co-organizers
www.The100DayProject.com

Looking for inspiration? Check out 100 day projects from last year [here](#).



100DayProject work by Susan Donnelly - 2015

Want sustenance for your 100 day project? Visit and like our [Facebook](#) page for motivational tips and inspiration!

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info@The100DayProject.com

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