

January 2016 Issue

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# The 100 Day Project

*Excavating creativity through a daily practice of 100 days*

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**Building a Creative Community**  
100DayProject Informational Session 1/9/16  
Marquette Arts & Culture Center

***Greetings!***

We hope the New Year is off to a great start for everyone!

We welcome both our old and new subscribers - we're glad you've joined this creative community! Whether you do a 100 day project or not - we hope you'll find ideas, stories, and tips here that will motivate and inspire your creative spirit!

The launch date of the 2016 community 100DayProject is just around the corner now - **Friday, January 22nd!** There is much to share as you get ready.



Photo by Catherine Benda

*“Creativity itself doesn't care at all about results -  
the only thing it craves is the process.*

*Learn to love the process  
and let whatever happens next happen,  
without fussing too much about it.*

*Work like a monk, or a mule,  
or some other metaphor for diligence.*

*Love the work.*

*Destiny will do what it wants with you, regardless”.*

Elizabeth Gilbert, author

## **Have You Started Planning YOUR 100 Day Project?**

If you've already registered your Project on our website - congratulations! You've come up with a solid idea ("Spine") you're excited about exploring for the 100 days! See tips below for you.

If you're in the "mulling ideas over" stage -- there's still time to solidify things before the [Day 1](#) launch on [Friday, January 22nd](#).

Wherever you are in your planning process, this issue is devoted to offering you tips and suggestions for a successful experience with your Project.

## Spine Tapping:

All 100 day projects start with a “Spine” (a word borrowed from Twyla Tharp). The Spine is your project idea – it’s what you’re excited about exploring during the 100 days. The Spine holds focus – it’s the North Star that guides the purpose of your exploration. It’s important to tap into a strong Spine before Day 1.

**Tip:** Write your Spine statement on a sheet of paper and hang it up in a spot where you’ll see it everyday. It’ll be a reminder.

And the act of writing it will solidify your commitment and clarify your thinking.

For more tips and suggestions about creating a Spine, click [here](#).



100DayProject work by Ann Russ

## Rules of Engagement

Besides a Spine, we recommend designing rules for your Project. Rules create good boundaries. They're important for focus. Set your rules up before Day 1.



*"At first sight,  
the idea of any rules being superimposed*



*on the creative mind  
seems more likely to hinder than help,  
but this is quite untrue in practice.  
Disciplined thinking focuses  
inspiration rather than blinkers it."*  
G.L. Glegg

Questions to consider as you craft rules to support your Project:

- What materials will you be using?
- *What time of day will you work on your project?*
- What's the minimum amount of time you'll spend each day?
- *Where will you work?*
- How will you go about your project?
- *What is your contingency plan if you'll be traveling during the 100 days?*
- How many pieces will you create during the 100 days?
- *What medium(s) will you be working in?*
- What will keep you motivated?

**Tip:** Write down your rules on a sheet of paper and hang them up next to your Spine where you'll see them everyday.

If, during the 100 days, you find your rules too binding -- give yourself permission to modify or even break them.

Want to see examples of Spines and Rules? Click [here](#).

**The Next Step - Commit!**



Photo by Catherine Benda

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

By registering, you'll get an invitation In May to send in images of your Project for inclusion in our Virtual Exhibit – along with important updates along the way!

## The Most Important Thing

Here's the most important thing we know – do something ***hands-on*** with your Project everyday. Even if it's just 10 minutes on some days. **[Begin on Day 1 – Friday, January 22<sup>nd</sup>!](#)**

Hands-on is practice. Practice is at the heart of The100DayProject. Regular practice leads to the growth of a creative habit. Ta da!

The more you are  
in the room  
working,  
experimenting,  
banging away at  
your objective, the  
more luck has a  
chance of biting  
you on the nose.

- Twyla Tharp, *The  
Creative Habit*

*"First forget inspiration.*

*Habit is more dependable.*

*Habit will sustain you whether you're inspired or not.*

*Habit will help you finish and polish your stories.*

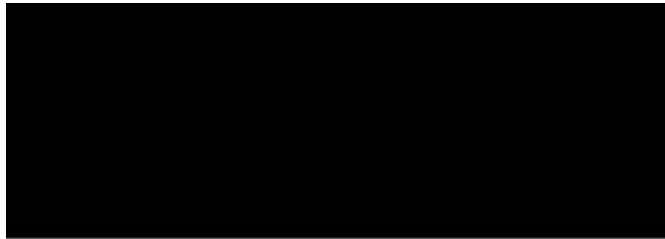
*Inspiration won't.*

*Habit is persistence in practice."*

*Octavia E. Butler, Bloodchild and Other Stories*

We suggest finding a way to document your progress and process – it supports learning, tracks things, and is an accountability tool.





day 38.

*woke up and drove drove drove.*

8:49am

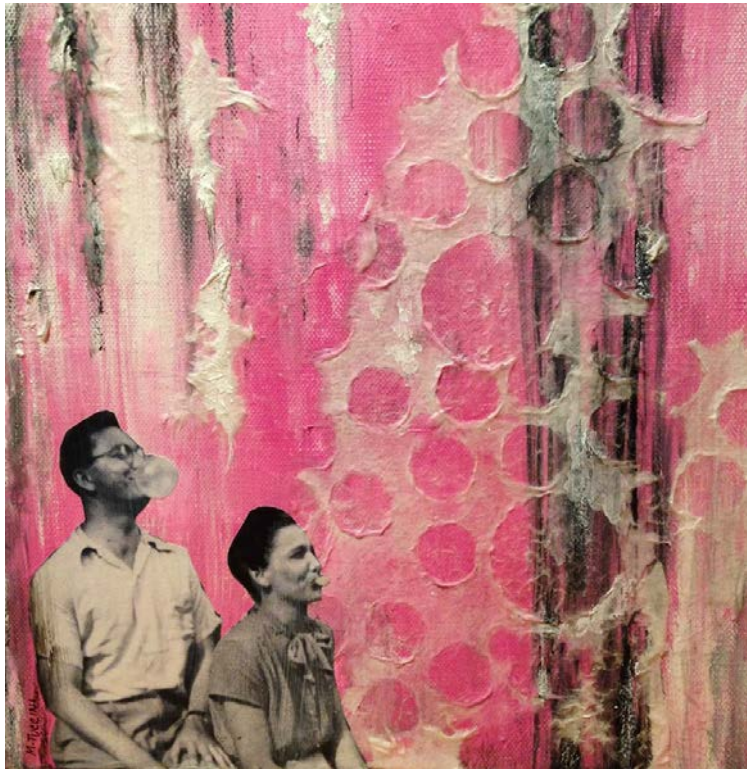


100 day project work by Rain Johnson - 2015  
Day 38 documentation

Register your 100 day project [here](#).

## Solstice Delights!

In closing this issue, we're delighted to share some work by participants in our other Community arts project called "Out of the Darkness Into the Light - Solstice to Equinox". The Solstice Project launched a few weeks ago.



2016 Solstice Project work by Wally Tuccini.  
An exploration of modern collage techniques using old family photos.



2016 Solstice Project Collaboration by Carrie Biolo & Maria Formolo  
"Running Toward the Light" performance.  
Exploring images with sound-movement-nature.  
Click [here](#) to see a snippet of their magical performance.  
Videography credit to Roslyn McGrath

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

**Embrace the Winter**



Photo by Catherine Benda

It's tempting to hunker down and hibernate in the winter – especially where we live in the snowy, cold upper Midwest.

We think the quiet and dark of winter is a perfect time to start a creative project. Whether you decide to do a 100 day project or not, we hope you'll find a way to play, explore, and experiment this winter that nurtures your creative spirit!

We covered a lot of ground in this newsletter. We hope you've found it useful. We'll continue supporting your efforts during the 100 days with creativity and motivational tips, shared stories in our newsletters, Facebook [page](#), and [website](#).

We look forward to hearing your stories and seeing your Project work!

Cheers,  
Ann Russ & Catherine Benda  
The100DayProject Co-organizers



[www.The100DayProject.com](http://www.The100DayProject.com)

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

--Mary Lou Cook



*project*

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

**Register your 100 day project [here](#).**

***Looking for inspiration?***

Check out 100 day projects from last year [here](#).

**Want sustenance for your 100 day project?**

Visit and like our [Facebook](#) page for motivational tips and inspiration!

## Want tips for success with your Project?

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

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