# FAQs about the 100DayProject

### What is the 100DayProject all about?

The 100DayProject is about cultivating a creative habit. It can erase the fear of failure. Simply do one small creative exercise daily and then move on with your day. This is not about judgment - it's about doing one thing, every day for 100 days. You can start the morning with one simple task; draw your coffee mug, glue some paper, create new designs, practice a new song, write a poem. The idea is to get into your creative brain, to not think just do. What matters most is that for about 10 minutes during your day (or longer) you are focused on your commitment.  Things will evolve, ideas will emerge and this exercise will allow you to develop a creative habit.  The good news is it will spill out into your art work.

### When does the 2020 Community 100DayProject start and end?

D<u>ay one starts Wednesday, January 22 2020 and ends April 30, 2020.</u>

### Do we have to follow the Theme?

Only if you want to. There are many participants out there who have done numerous 100 day projects. They see the value in cultivating a habit and know about the power of the artistic process. Having a theme is just another way to engage in the project, change things up, and get the creative juices flowing. The 2020 theme is <u>Secret Places</u>.

### I'm not an artist, can I still participate?

Participation is open to anyone! Children, elders, parents, lawyers, artists, teachers, managers, engineers, business people — anyone!

### Do I need to make a piece every day?

You don't have to complete a piece everyday. You need only to do something hands-on with your project everyday.  Be sure to track what you're working on each day so you can see your progress.  A journal works great for that, so does photographing your progress.

### How much time do I need to spend each day on my project?

That's up to you! Even 10 minutes a day of hands-on work counts.

### I want to participate, but I'm stumped about what to do?

Visit our Facebook page at www.facebook.com/The100dayproject for inspiration. Also check out the archived copies of the newsletter on this website to see Arters' project ideas.

### What's an "Arter"?

If you're doing one or both of the Community projects, you're an Arter!

### If I don't finish the 100 days, can I still include my project in the Virtual Show?

Your project is eligible if you made it through at least Day 21.  More information will be posted on our Facebook page and in future issues of our newsletter.

## I'm in!  How do I start?

Register your project on our website - www.The100DayProject.com. By registering, you receive a weekly inspirational newsletter, an invitation to have your work included in the Virtual Exhibit, and important updates along the way! It's free and easy to do!

## Tips for Success

The100DayProject fosters a creative habit through a daily practice over a span of 100 days. Many people think we're either born creative or 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 their children to see the world in different ways.

*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".  A spine is a statement about what you'll be exploring for the 100 days.

• Write out your project rules.  Your rules hold focus for your project.  Rules can be about the medium you'll be using, the time of day you'll work on your project, how many pieces you intend to complete, how you'll go about your project, what will keep you motivated, etc.

• Decide what time of day you'll work on your project - and stick to that.

• 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 traveling 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 HERE'S THE MOST IMPORTANT TIP OF ALL - Do something hands on with your project everyday! Even if it's just 5 minutes on some days.