



Fill this out each week, save it as a PDF and send it to DHC and your accountability-buddy. Don't try to make it perfect and don't worry about listing everything. Just fill it in. If you find yourself getting obsessive, set a timer, as short as 30 seconds for each section – and just move through it. You can write in this document or create your own..

## MY 3-5 AREAS OF CREATIVE FOCUS

Write your 3-5 areas of creative focus. You segment each segment below by focus area or just respond generally.

### I. AM. HERE.

**It's Alive!** *Movement is life. How did any part of your project or your mindset move this week? Have the courage to list anything and everything that moved on your project and your relationship with it, even if you're afraid that by acknowledging it, it will go away, or that it's not 'really real.*

**Moments to Bathe In – Tiny & Grand** *Describe the moments you experienced your Thing as beautiful & exciting - even fleetingly, in a moment of fantasy. Sometimes progress, fluency & freedom come in moments so subtle it seems they didn't happen. Write them down anyway, even if you don't believe they happened.*

**What AHA's or takeaways have I had this week?**

**Big Honkin' Ugly Fears** *What are you most afraid of with your project. Lay it all out here.*



## NEXT STEPS:

**List your Muse Work this coming week:** *List the things you want to accomplish towards your project this week. Find the 3 easiest things on the list. If none of them are easy, break apart something on the list and find at least 3 dead-easy things you could absolutely do, no matter what happens this week. Circle those 3.*

**There be Dragons:** *List other things in your life that might get in the way of your Muse work this week.*

**Stack Your Deck** *Knowing all that, what are 3 simple things you could do to stack the deck in your favor so that you come out feeling like you really won by the end of the week?*

**Cheat!** *What could you do to cheat your way to success? Seriously consider it.*

**Tiny Victory** *If everything fell apart this week, what are 3 simple things you know you could do to move ahead?*

**The Whole Palooza** *What would it look like if you totally aced your week? Where would be you this time next week?*



### **BONUS: Nestling One Next Step**

It's good to acknowledge that next-steps often come with dreams, hopes and fears. Those can all create resistance, which can turn into stuck-ness if we don't embrace the resistance.

For this part, choose one thing on your Next Steps list – the one that feels the scariest, ickiest – or most exciting. As always, don't worry about doing any part of this 'right.' Make things up if you're not yet connected to what you feel. That's all part of the process.

#### **A. What is a next step in bringing my Thing forth?**

*Briefly describe your next step, and give it a name.*

#### **B. A Fear I Have about my [Next Step] is ...**

##### **A Dream/Hope I Have about my [Next Step] is ...**

*This is a writing exercise from Laurence Block's "Writing for Your Life" book – just keep writing the sentence and include the name you've given your next step. If you don't feel any fears, just make some up. Hand write this and list at least 6 fears you have. Then do the same exercise listing your dreams and/or hopes. Sometimes I keep the dreams and fears separate and sometimes I just make a big long list, some of which are fears, some are hopes and some are dreams. It doesn't matter which way you do it.*

*Examples:*

*A FEAR I have about my show is that I'll look egotistical.*

*A FEAR I have about my show is that it'll look like it's just for children.*

*A FEAR I have about my show is, if it's beautiful, people's expectations will be too high.*

*A HOPE I have about my show is that it will clarify my whole life for me ... etc.*

*A HOPE I have about my show is that it will win me a huge award and lots of money ... etc.*