



GET STARTED TACTICS

Remember: There's no wrong way to get started.

Try these simple actions to give your creative batteries a jump!

- Tidy your space. Take 30 seconds to grab as much obvious trash as you can see, then satisfyingly stuff it into the garbage. Nice!
- How's the weather? Throw on your shoes and a hat and take a brisk 5-10 minute walk to jump start your amazing brain.
- Time to dance! Pick your favorite dance jam (or let Spotify decide) and dance it out for one entire song. No judging your own sweet moves!
- Is another tedious task staring you in the face? Set a timer for 10 minutes and tackle that laundry pile or those dishes.
- Give yourself a real break with a hot shower or bath. Put on your favorite music, break out the fancy soap or bubble bath, and take your time.
- Disconnect. If that makes you nervous, text a friend or family member to let them know you'll be offline for 30 minutes to an hour. Then silence your phone notifications and close your laptop. Enjoy the quiet to read, write, meditate, or let your thoughts wander.
- Grab a coloring book and some crayons (or whatever you've got close) and go to town. Sing along to your favorite tunes at the top of your lungs. Let your inner child take the wheel. Find ways to make getting started fun--and soon your practice will be fun too!