# Creator Lifestyle Plan

## 7-Day Creativity Challenge

Day 1 - Set up a dedicated creative space - even a corner counts.  
Day 2 - Try something you've never done before (paint, sculpt, write).  
Day 3 - Watch or read something wildly different and let it spark ideas.  
Day 4 - Create for 20 minutes without judgment or goal.  
Day 5 - Share something - a photo, a snippet, a story - with someone you trust.  
Day 6 - Visit a gallery, craft market, or creative space.  
Day 7 - Reflect: What did I create this week that felt like \*me\*?

## Creative Space Planner

- Choose a space you can return to daily (desk, shed, bench).  
- Stock it with inspiring tools and supplies.  
- Remove distractions (devices, clutter, noise).  
- Add inspiration: colour, quotes, natural light, objects.  
- Make it yours - and make it sacred.

## Creative Confidence Prompts

- What did I love making as a child?  
- When do I lose track of time?  
- What am I afraid people will say about my work?  
- What if it’s not about being great - but being alive?  
- What would I create if no one else ever saw it?