

Home



Reach for a star everyday, PSEUDONYM

"Inspiration, so much creativity and inspiration to share here. So many quotes. Build a database." ~author

Ready to **Manifest?** click here.



Did you meet yesterday's grow goal? click heart for yes then replace with today's **goal**, no heart

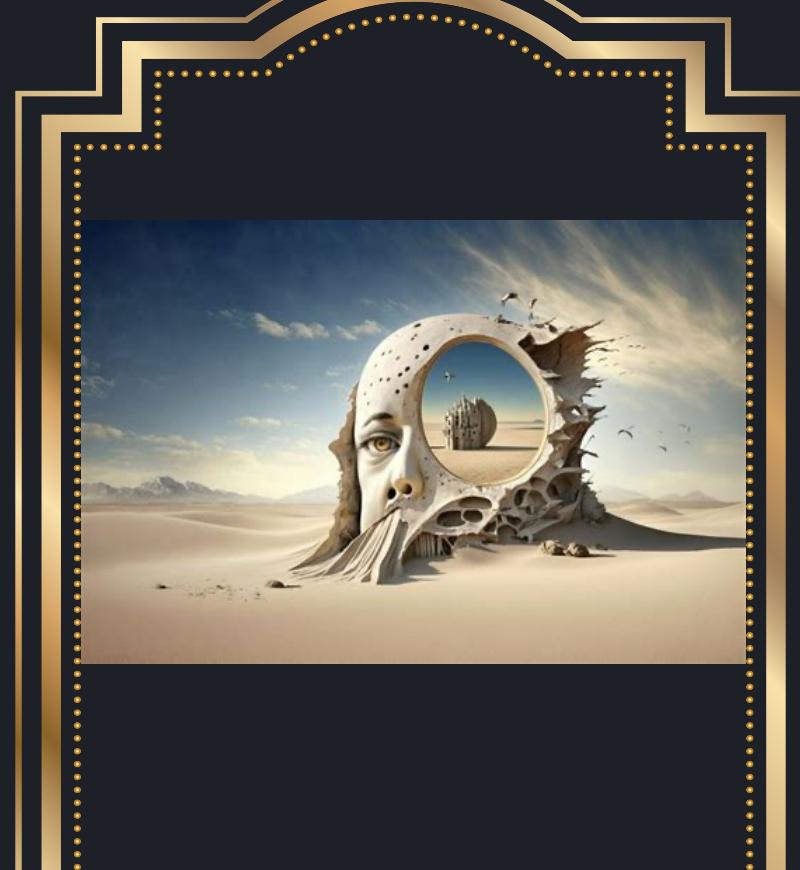


Art: Spin Circles

Rank by: Most Purple

show
winner

show
gallery



Inspired?

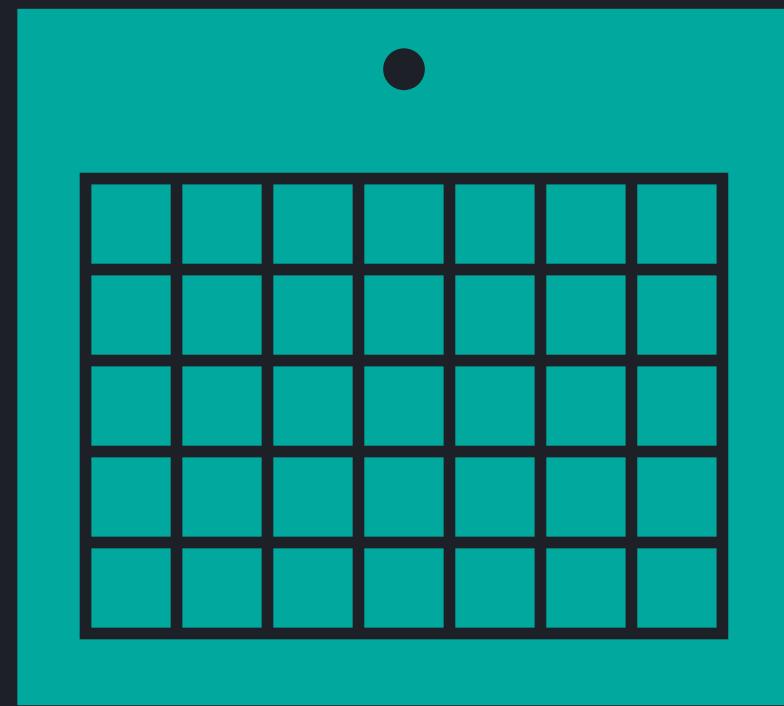


1-5

Menu Manifest * Art * Goal * Inspire * Community



Streak



Completely fill your star by daily MAGIC

1. Manifest (Journal)
2. Art
3. Goal set
4. Inspiration (rank)
5. Courage (post for ranking)

Manifest Days

112 (journaled)

Art Activity Days

112 used timer or tools

Growth Days

112 new goals set **87%** days met goal

Inspiration

42 Receipts

24 Gifts given

Courage

4.1

Highest rank

24

Courage Days

Streak

4.1

Current

24

Longest

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Quotes

Today

“Inspiration, so much creativity and inspiration to share here. So many quotes. Build a database.”

~author



Review favorite quotes

Manifest

1. Today's Growth Goal:

Limited box/ pre-mades

2. Call the Muse
3. Dump what stalls you
4. Manifest Vision

Unlimited
manifest
vision

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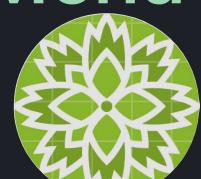
Manifest

The Manifest Manifest

SEARCH: —

- 9/9/2026 Goal of the day
- 9/8/2026 Goal of the day
- 9/7/2026 Goal of the day
- 9/6/2026 Goal of the day
- 9/5/2026 Goal of the day
- 9/4/2026 Goal of the day
- 9/3/2026 Goal of the day
- 9/2/2026 Goal of the day
- 9/1/2026 Goal of the day
- 8/31/2026 Goal of the day
- 8/30/2026 Goal of the day

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Art Studio

*Today's Challenge:
Spin Circles*



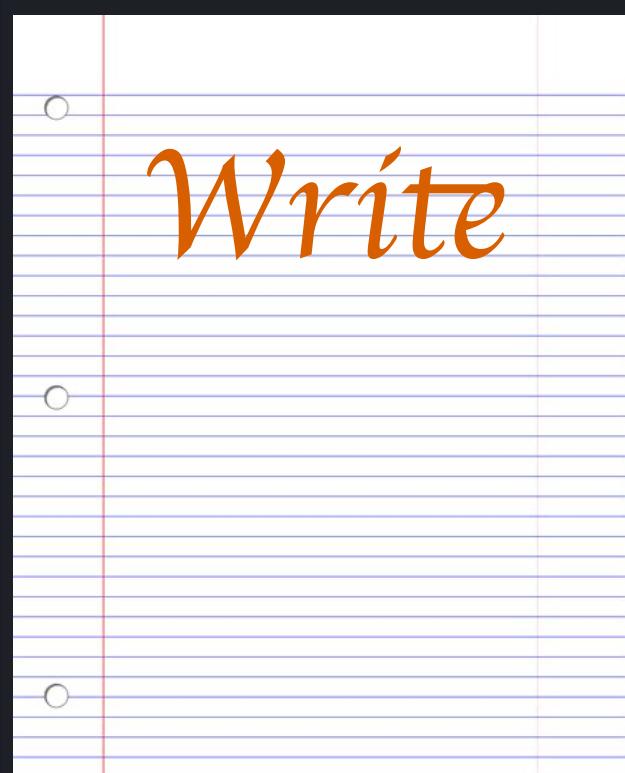
00:20:00

20 minute daily timer ^

120 min of art a week improves mental
health. weekly stopwatch v



00:00:00

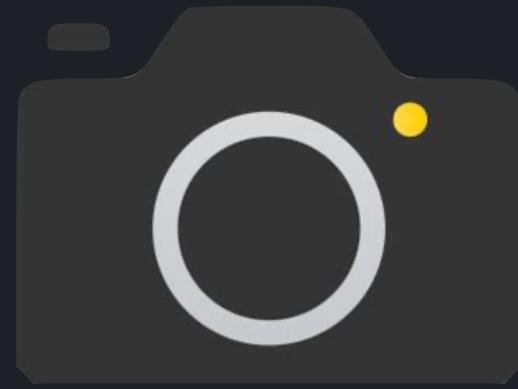


Write



sketch

Capture



Upload to
private
gallery
ONLY



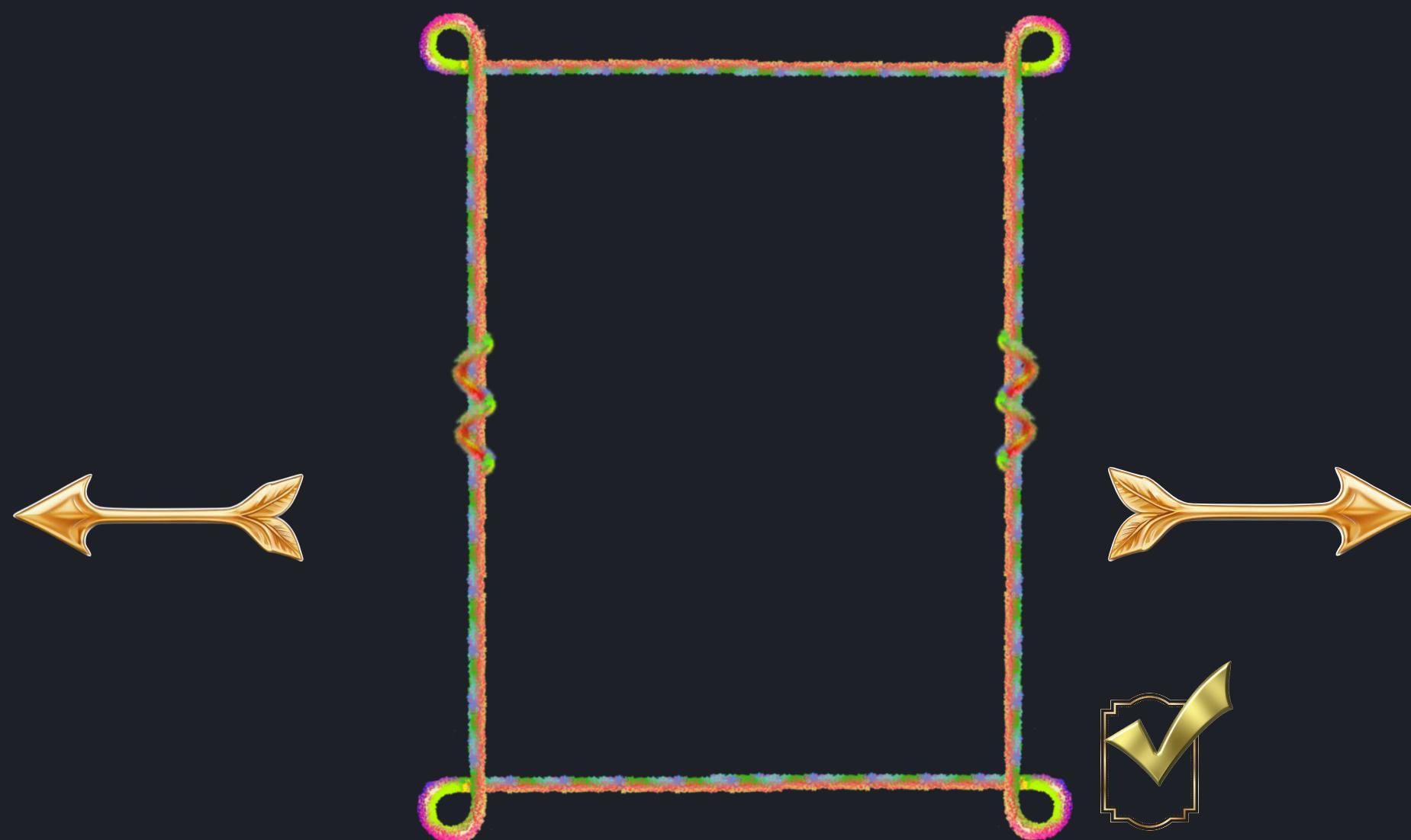
Upload
COURAGE

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Private Page

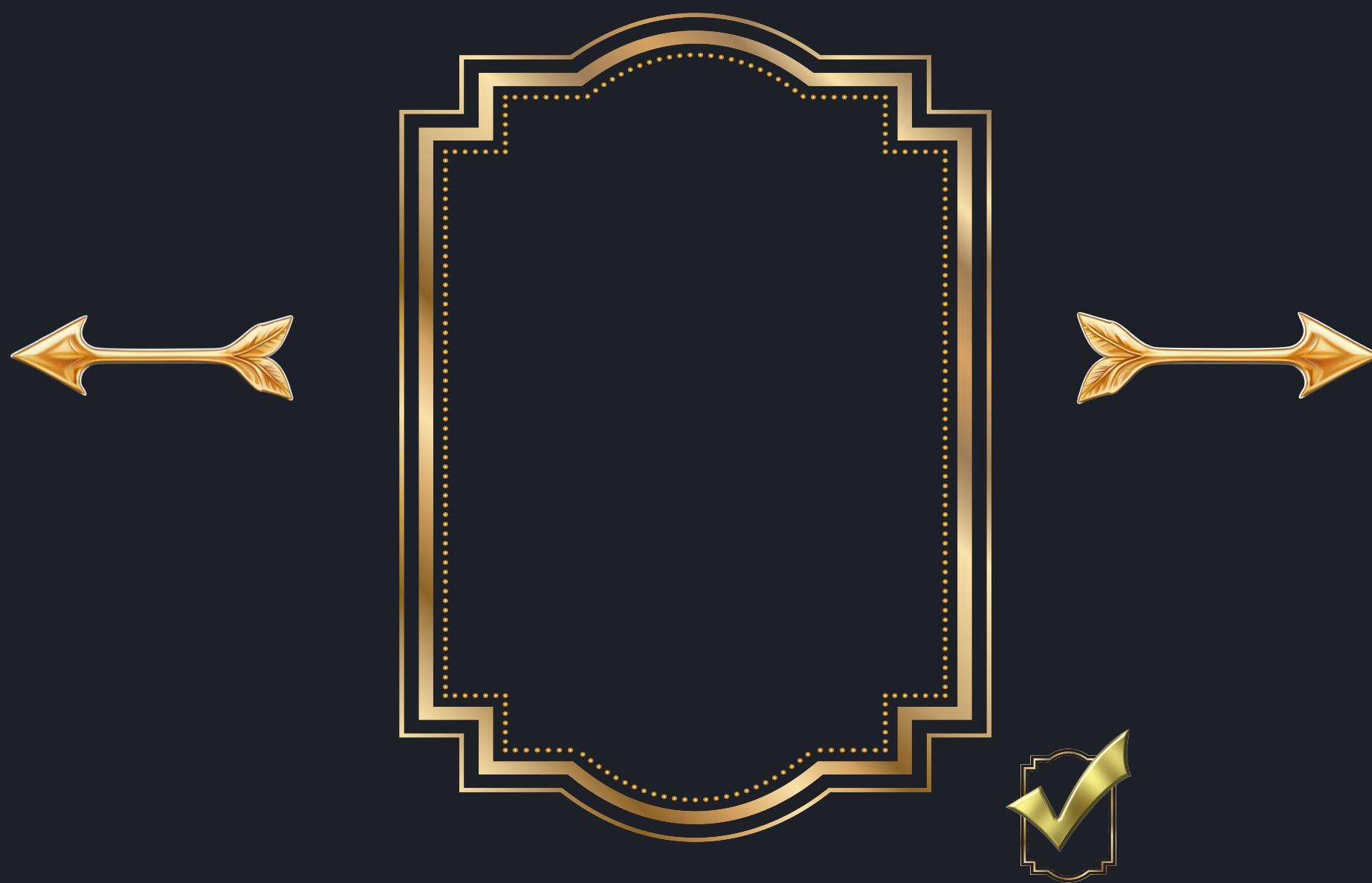
Curate Public Gallery



Personal Gallery



Inspiration

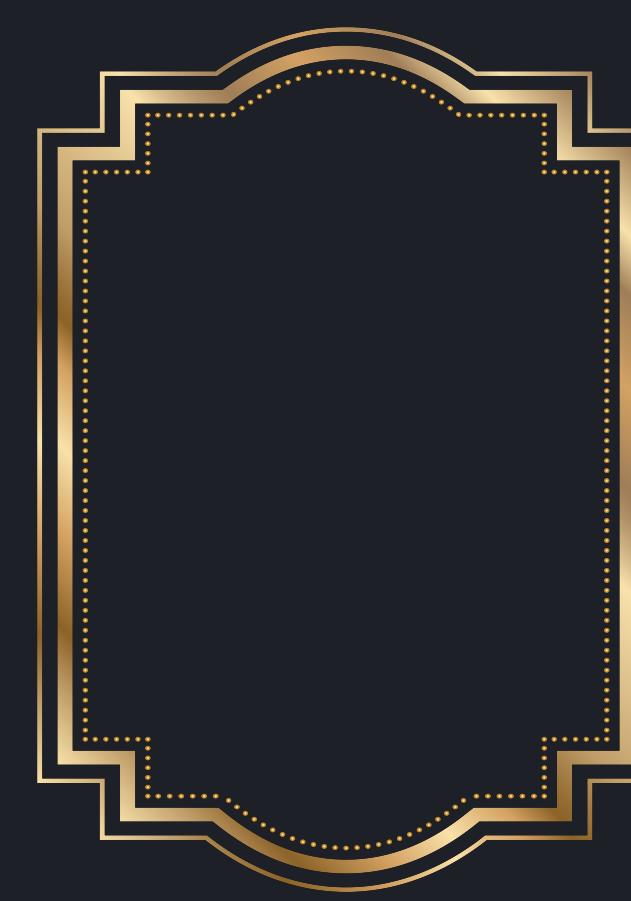
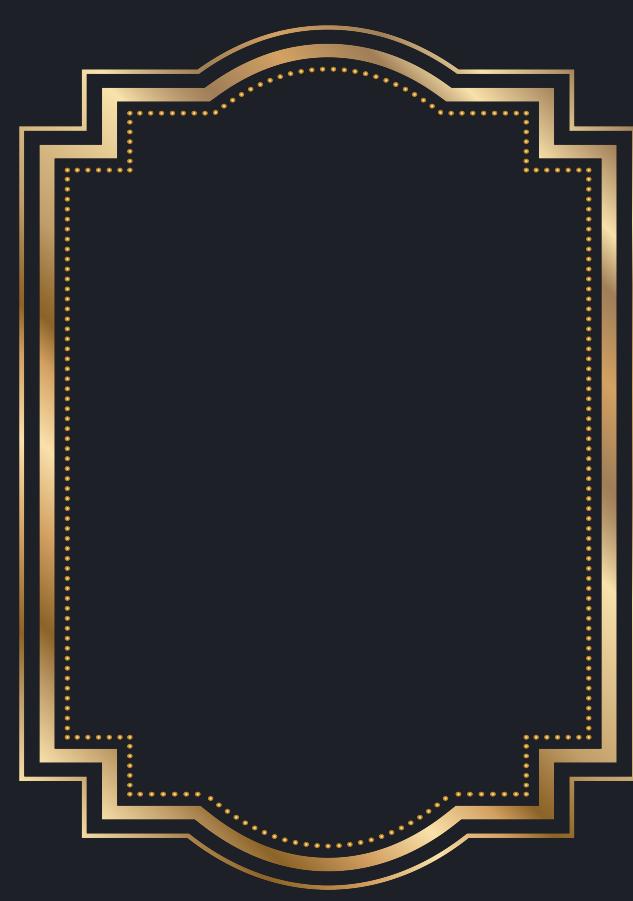
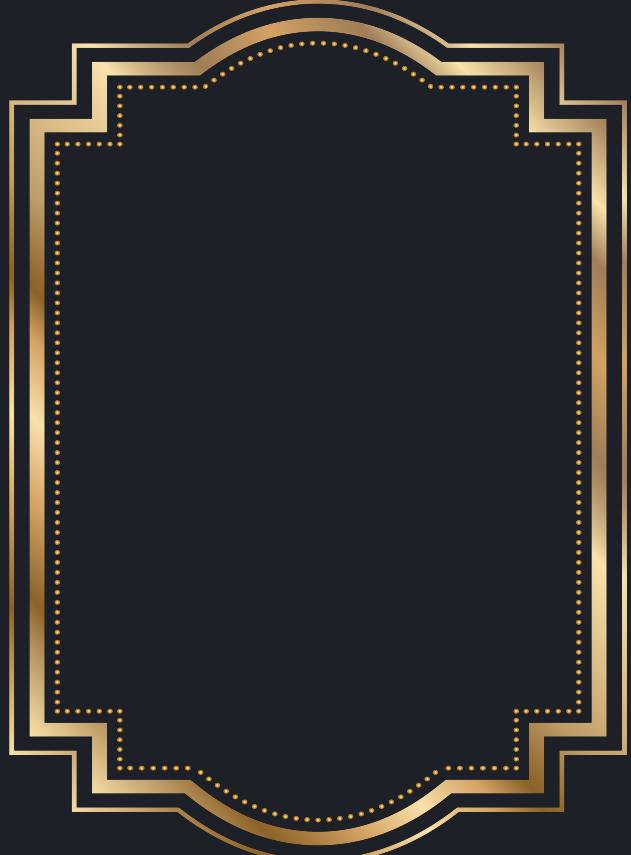
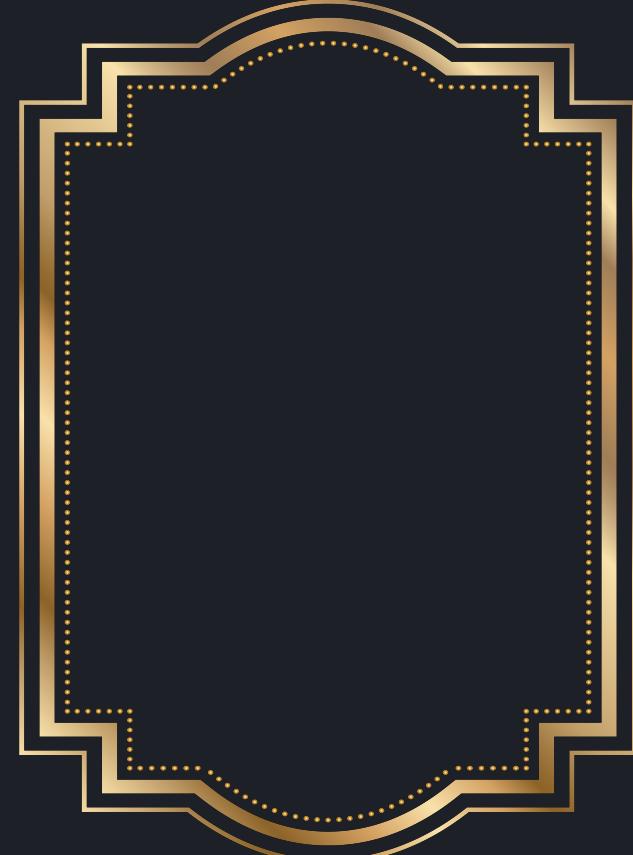


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Screen 1

Community



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Screen 1

About Us
About You
Art Studio
Boutique-•Printables
Courage (daily post)
Community
Feedback/Comments
Galleries
Goal setting
Inspiration
Legal Policies
Manifest Journaling
Mega Monday (longer term reveals)
Quotes
Ranking
Research/Articles
Settings
Stopwatch
Streak
Yesterday's Winner of the day
(only seen after ranking; then static)
Log Out

[Home Page](#)

Screen 1

About us

Make
Art
Grow
Inspire
Community

We believe that when you make art every day, you grow, you inspire, you build, you rebel, you restore, you meditate, you thrive, you heal, you create, you question, you decide, you become the best you.

If you share that art, others get to do those things with you.

And yet so many of us don't. The only thing we have the courage to make is excuses.

We are afraid to bear the soul that leaked into our artwork. Every artist has been there, unsure if their art will speak to another.

We only get better when we practice. We only know if others feel it the way we do, when we share.

Join us in committing to daily practice.
Ideally, 20 minutes per day, some more/some less/
And when you are ready
COURAGEOUSLY SHARE
(anonymously at first, baby steps, fledgling artist)

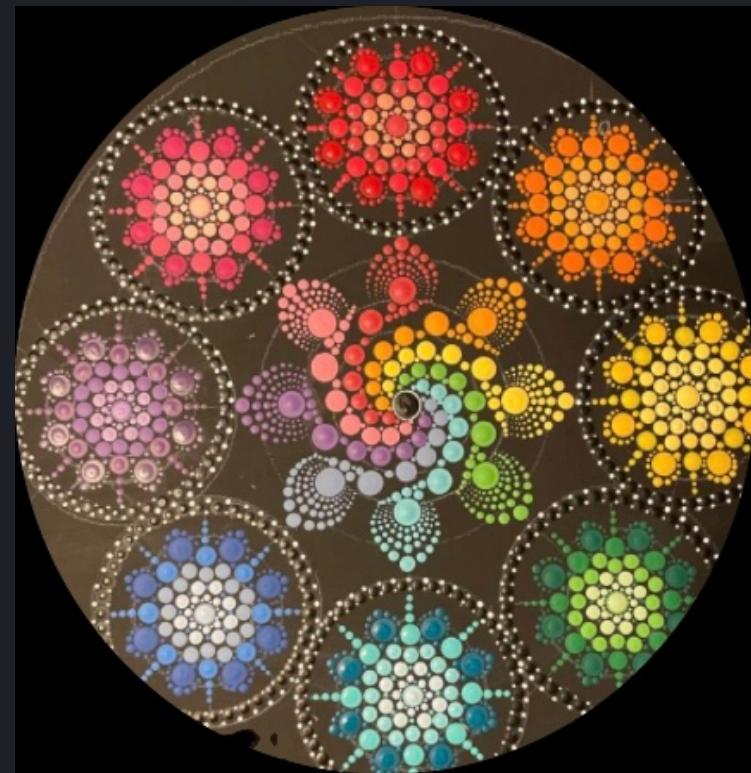
Research

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About you

Pseudonym



About You:

Real first middle last (remains private)

User name (Anon)

Avatar Dress

Pw

Email address

Birthday

Art mediums

Current City/State/Country

Heart City/State/Country

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Legal 1

Legal Mumbo Jumbo

- Privacy policy
- Terms of service
- Content moderation plan
- Age restrictions (COPPA, GDPR if relevant)

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Settings:

Trigger: Please allow notifications:
Select how often you would like a reminder
-If I haven't signed in by 8pm
-If I haven't signed in 24 hours
If I haven't signed in 48 hours
If I haven't signed in 72 hours
In over 7 days

After 7 days:prompt to invite 3 friends

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Research

Viewing Art Boosts Wellbeing-4/17/2025

<https://neurosciencenews.com/art-eudemonic-wellbeing-28658/>

Journal Reference:

MacKenzie D. Trupp, Claire Howlin, Anna Fekete, Julian Kutsche, Joerg Fingerhut, Matthew Pelowski. The impact of viewing art on well-being—a systematic review of the evidence base and suggested mechanisms. *The Journal of Positive Psychology*, 2025; 1 DOI: [10.1080/17439760.2025.2481041](https://doi.org/10.1080/17439760.2025.2481041)

What Happens in the brain wen we experience art

<https://www.apa.org/monitor/2025/09/art-mind-brain.html>

<https://iris.who.int/bitstream/handle/10665/329834/9789289054553-eng.pdf?sequence=3&isAllowed=y>

<https://www.crisisjournal.org/article/139057.pdf>

https://www.sciencedirect.com/science/article/pii/S2352827325000990?utm_source=chatgpt.com

https://link.springer.com/article/10.1186/s12889-015-2672-7?utm_source=chatgpt.com

onclusion

Evidence of an arts-mental health relationship was found in this study two or more hours/week. = 17 minutes a day. We can do that.

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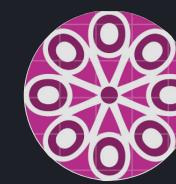


Keeper quotes 1



Search

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Contact Us

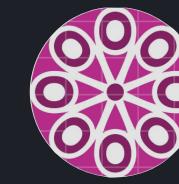
Contact Us

Drop feature ideas

Problems

Praise

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Boutique

Shop to print on

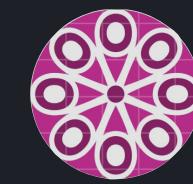
T-shirts

Totes

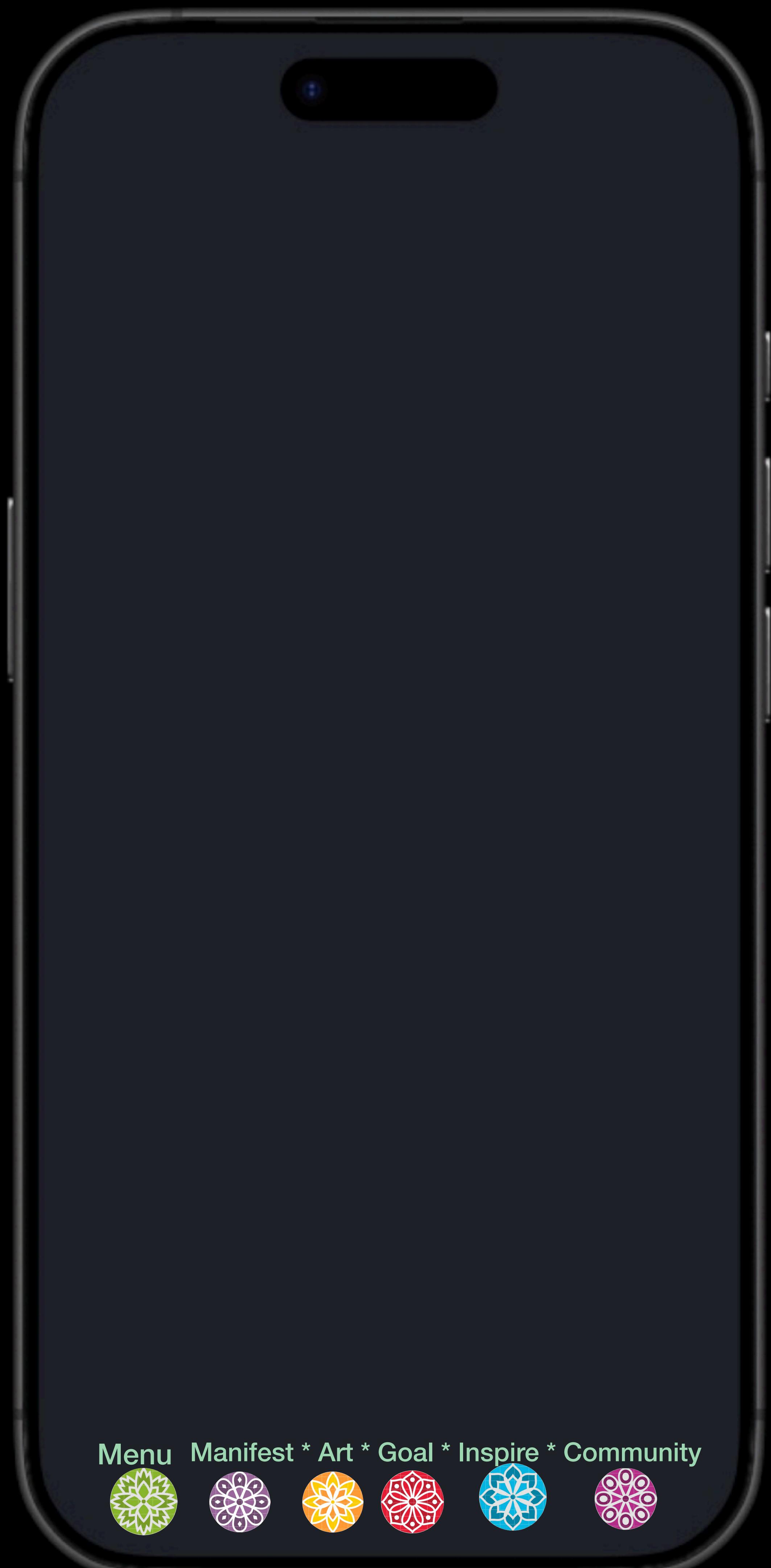
Whatever

Royalty fee to
artist/or inap
cash

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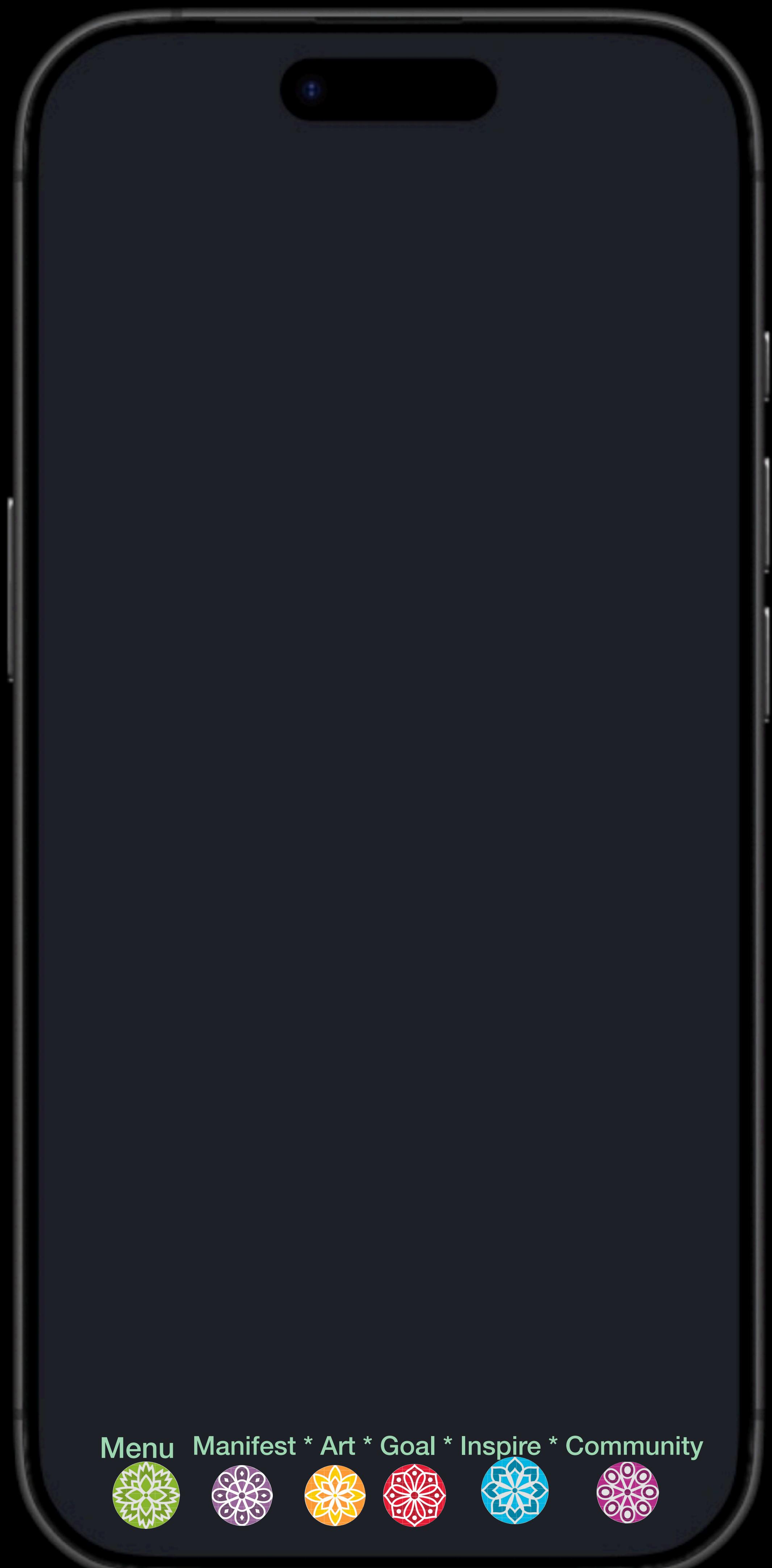
Screen 1



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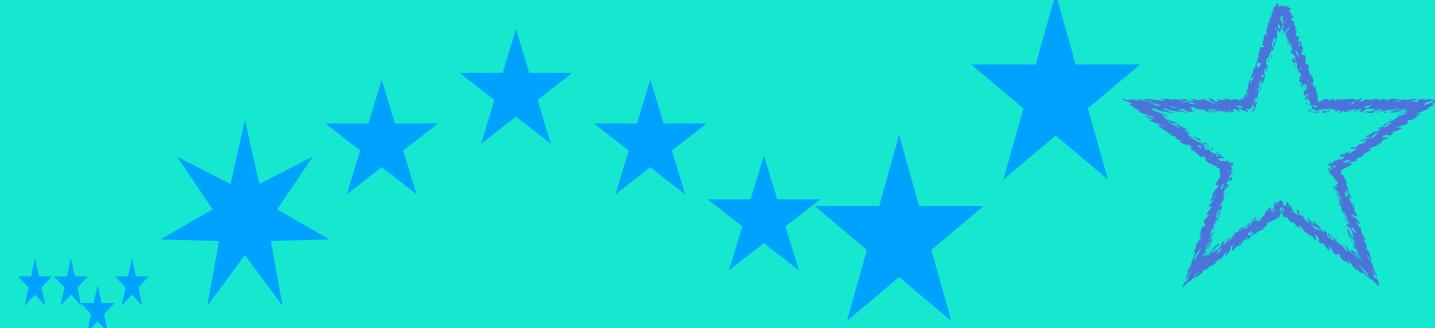
Screen 1



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DELETE GROUND 0



"Inspiration, so much creativity and inspiration to share here. So many quotes. Build a database." ~author
Ready to journal? [click here.](#)

Did you meet yesterday's goal?

click heart for yes

then replace with today's goal, no heart



**Today's Challenge:
Build a database**

Time to rank submissions:
(build database for criteria)
Each image shown to same number of voters (don't show voter own)

When ranking done, show today's winner?

Place on loan

1-5

Menu

Streak

Quote

Timer

Public
Gallery

Pod
Posse