

# Plan - Chapter three

Use the 20 minute planner included here for the next 10 days.

Each day, reflect on your success.

TO DO	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

date- \_\_\_/\_\_\_/\_\_\_



Date	6:00AM	7:00AM	8:00AM	9:00AM	10:00AM	11:00AM
morning	1st 20 minutes					
	2nd 20 minutes					
	3rd 20 minutes					
	12:00PM	1:00PM	2:00PM	3:00PM	4:00PM	5:00PM
mid-day	1st 20 minutes					
	2nd 20 minutes					
	3rd 20 minutes					
	6:00PM	7:00PM	8:00PM	9:00PM	10:00PM	11:00PM
evening	1st 20 minutes					
	2nd 20 minutes					
	3rd 20 minutes					

GOALS	
1	
2	
3	
4	
5	

CALLS	

Tomorrow- \_\_\_\_\_



Resources to accompany the process book

*Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood*

More information at [www.doyourart.org](http://www.doyourart.org)