

Polish - Chapter seven

“Wax on. Wax off.”

Remember how Mr. Miyagi stepped Daniel through the Zen process of polishing in *The Karate Kid*?

Choose anything in your home or office that LITERALLY would benefit from polishing. (Avoid your own projects, like a script or a poem or furniture.)

Gather the required tools and set aside an hour to polish the item.

Respect the process.

Write about what you learned and your thoughts during the polishing process.

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

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