



7th Annual Community 100DayProject 2020

2020 Theme: *Secret Places*

You're Invited!

We want to inspire you to nurture your creative spirit by joining us in a creativity excavation in 2020. We're excited to announce two community-wide Projects that you can join! Participation is free.

About the Project: The 100DayProject is a creativity excavation. It's about unearthing dormant or unrealized creativity by committing to a daily practice every day for 100 days.

Participating in the 100DayProject will awaken, nurture and sustain your creative spirit through the cultivation of small daily acts for 100 days!

Maybe you'll decide to do your 100DayProject first thing in the morning, or maybe later on in the day. Creating a routine or rhythm might feel clunky at first - like any new habit it may take some getting used to. Best advice is to try and do it the same time each day. Choose something that kick-starts your right brain and allows you some freedom to play and explore.

Our 2020 theme is *Secret Places*. The theme can be an internal or external experience - and can be interpreted symbolically, metaphorically, or literally. We think the theme will be an intriguing and rich topic to explore. Following the theme is strictly optional - and is meant only as a nudge for those looking for one.

Creativity is a skill. The more we practice, the more skilled we become. Practice takes time and commitment. It's a radical act in this speeded up world. Through practice, we develop a creative habit. Through habit, we reconnect with ourselves as a creative being.

2020 Launch Date: The100DayProject launch date is Wednesday, January 22nd and ends 100 days later on April 30, 2020.

SOLSTICE TO EQUINOX PROJECT:

The other Project launching this year is the ***Solstice to Equinox: Out of the Darkness Project***. This Project launches on the *Winter Solstice* (12/21/19) and ends on the *Spring Equinox* (3/19/20).

This is a ***weekly*** creative practice that encourages participants to explore, study, document, journal, practice, experiment, play, make, observe, or initiate something new each week. This can be a visual, written, or audio interpretation of whatever interests you. We're entering the darkest time of the year, a time of hibernation of the senses. The *Solstice to Equinox: Out of the Darkness Project* is designed to awaken and enliven your creative nature during winter's dark and icy spell.

Solstice Launch Date: This project begins on the Winter Solstice (December 21st, 2019) and ends on the Equinox (March 19th, 2020).

How to Participate: You are invited to participate in one or both Projects. To participate, simply register your project idea at www.The100DayProject.com. It's free and easy to do. By registering, you will receive a weekly inspirational newsletter and important updates along the way!

Deadline for project registration is midnight on Wednesday, January 22, 2020.

“If creativity is a habit, then the best creativity
is the result of good work habits.
They are the nuts and bolts of dreaming.”

Twyla Tharp

See you in 2020!

Ann & Catherine, Co-organizers

www.The100DayProject.com

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