

100 Day Project FAQ

What is the 100 Day Project?

The 100 Day Project is an annual self-led challenge in which participants commit to working on a creative project every day for 100 days.

This 100 Day Project project began at an artist retreat near Traverse City, Michigan in 2008 when a group of artists began exploring the idea of a daily practice as a way to grow a creative habit. After the retreat, Ann Russ and Cathy Benda gave the project wings and spread it to artists across the Midwest. Another early proponent of the 100 Day Project was graphic designer Michael Bierut who assigned the project to his students at Yale. The project has now taken on a global movement. The Grand Marais Art Colony has been encouraging our creative community to participate and engage with this challenge for several years.

What makes a good project?

The sky's the limit for your project and what you choose to do is completely up to you. It's a good idea to choose something that you enjoy and that will be accessible for you to do every day. The goal is to show up each day and see how your creative juices start to flow!

You could choose to do the same thing differently every single day, such as drawing your cup of coffee every morning or taking a photo of the same tree every day. Or you could decide to break a larger project up into smaller chunks and work on a section every day for 100 days. The options are truly limitless!

Do I need to make something new every day?

The parameters you set for your personal project are up to you and the commitment you want to make for yourself. You can absolutely make an entirely new piece everyday or spend each day working on a different element of a larger project.

Alternatively, you could schedule your challenge as a Solstice to Equinox project and shift the commitment to once a week, starting on the Winter Solstice and ending on the Spring Equinox. This method was adopted by many 100 Day Project participants as a more accessible option after the COVID-19 pandemic hit.

Do I have to stick to the exact date range?

This year we are participating in a 100 Day Project that starts on December 21, 2022 and ends on March 30, 2023. If you'd like to follow along with us, we recommend participating during this date range.

Because this project has become global, other organizations/individuals start 100 Day Projects at different times of the year. This is a self-led project, so you can really start your 100 days at any time, but starting with others can help create a sense of solidarity and help you stick with it.

Can I participate if I'm not an artist?

Yes! You don't have to be an artist to get creative. Everyone can benefit from challenging their creative side. You may surprise yourself and spark a new relationship with your inner artist.

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How can I share my work or connect with other participants?

Some participants choose to document their project online by sharing their work on social media. You could do this by posting to your own social media accounts (use #100dayproject and tag us on Instagram: @gmartcolony or on Facebook: @grandmaraisartcolony). You can also share your work with other challenge participants in this [Creative Practice Facebook Group](#) dedicated to the project.

Another option is to organize a group of artists in your area to check in with periodically.