

Coping Creatively with Corona

A 30-Day Challenge

April 2020



In these strange and uncertain times, are you looking for some creative direction? Maybe you want to use this time to create a new habit. Maybe finish a first draft? Work on a specific skill?

Using the following worksheets, create a personalized 30-day challenge, just right for you. In this handout you will find four worksheets to accommodate the different kinds of 30-day challenges you can set for yourself.

As a follow-up, we will do a virtual check-in via Zoom (you will be notified by email when that is scheduled).

What is your goal?

If your goal is to pursue your creative work with consistency, try a Daily Time Goal of writing/drawing.

Suggestion: Commit to working on your project for 30 minutes a day. Using Worksheet 1, fill in the daily goal. Then, each day, check off when you have achieved that goal and include any notes you would like to remember about it. For example, you may notice over the course of 30 days that you are more productive at certain times of day.

If you prefer a less rigid schedule, give yourself flexibility. For example, commit to a list of different time goals, and each day evaluate which one is manageable for that day. Using Worksheet 2, fill in your list of goals). Then, each day, fill in the date on the goal you accomplished, in whatever order it happens. Suggested goals: 5 days each of 10, 15, 20, 30, 45 and 60 minutes

If your goal is to improve a specific creative skill, try a Focus Goal.

This can be applied to any writing or illustrating goal. Some examples include:

- Timeline inconsistencies
- Too-low stakes
- Under-developed world building

On Worksheet 1 or 2, fill in your 30 specific goals to address the issue(s). (Worksheet 1 if you intend to follow in order, Worksheet 2 if you would like the flexibility to choose your goal each day.)

If your goal is to finish a certain project, or reach a certain milestone in your project, set a Productivity Goal.

You could set a word count as with NaNoWriMo (50,000 words, or 1,667 per day), or an illustration goal as with Inktober (one ink drawing per day), or set your own total goal and divide it by 30 for a daily goal. For example, if you would like to write 10,000 words over the next 30 days, set a goal of 333 per day. (Use Worksheet 1)

If your goal is to complete a first draft of a picture book or novel, break it down by pages, scenes, or chapters. Use Worksheet 1 or 2 (chronological vs. flexible).

If your goal is to develop several ideas to provide a jumpstart for your next projects, set an Idea Development Goal.

Are you running low on Picture Book Ideas? Break the 30-day challenge into six 5-day challenges. For 5 days you will explore different aspects of a single picture book idea. Then on Day 6 you will start with your next idea, and again on Days 11, 16, 21 and 26. By the end of the 30-day challenge you will have six picture ideas to pursue. Using Worksheet 3, you can fill in your notes as you go over the next 30 days.

Would you like to develop new characters for your portfolio? Use 5 days per character – mini 5-day challenges – to develop six new characters. Using Worksheet 3, keep track of your progress by making brief notes on your character progress. Remember to move on to the next character on Days 11, 16, 21 and 26.

If your goal is to organize your (many) ideas or generate some new ones, set an Idea Catalog Goal.

Do you have lots of ideas rattling around in your mind? Would you like to provide yourself with a checklist of possible future projects? Depending on how much time you would like to give to this challenge, create an Idea Catalog in one of these ways, using Worksheet 4:

1. Each day write a one-line summary of an idea. You're done!
2. Each day write a one-line summary of an idea. Then, in a notebook or sketchbook, take some time to flesh out the idea.
3. Before you start the challenge, list 30 project ideas. On each day, spend some time exploring that idea. But on the next day, move on to the next idea!

30-Day Challenge (Worksheet 1)

Start Date:

End Date:

Day/Date	Daily Goal	Notes	✓
1			
2			
3			
4			
5			
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30			

My goal for the next 30 days is to: _____

30-Day Challenge (Worksheet 2)

Start Date:

End Date:

My goal for the next 30 days is to: _____

	Goal	Notes	Date Completed
1			
2			
3			
4			
5			
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12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
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26			
27			
28			
29			
30			

30-Day Challenge (Worksheet 3)

Start Date:

End Date:

My goal for the next 30 days is to: _____

	Goal	Date Completed
	IDEA 1	
1		
2		
3		
4		
5		
	IDEA 2	
6		
7		
8		
9		
10		
	IDEA 3	
11		
12		
13		
14		
15		
	IDEA 4	
16		
17		
18		
19		
20		
	IDEA 5	
21		
22		
23		
24		
25		
	IDEA 6	
26		
27		
28		
29		
30		

30-Day Challenge (Worksheet 4)

Start Date:

End Date:

My goal for the next 30 days is to: _____

Day/Date	Idea	✓
1		
2		
3		
4		
5		
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