CHECKLIST

Building a Consistent Art Practice

- [ ] Write down your available hours this week and choose one repeating block you can protect
- [ ] Decide what you will work on before the session begins
- [ ] Mark each completed session on a calendar with a single symbol
- [ ] Track one or two details that matter to your goals without judging quality
- [ ] Review your record once a month and adjust based on what you see
- [ ] Tell those you live and work with when you will be unavailable
- [ ] Keep a notebook nearby to capture interrupting thoughts without acting on them
- [ ] Lower the bar on difficult days instead of skipping the session entirely
- [ ] Schedule the next session immediately after finishing the current one