



Creative Cardio

A Journal of Tiny Actions

CREATIVE CARDIO...1,2,3

This journal develops a creative habit through tiny actions, in as little as 2-10 minutes. Express your creativity and nurture dreams. Do them in order or choose one at random:

1. Make a storage trug, basket or shelf dedicated to some of your creative supplies.
2. Choose a handful of tiny creative actions to make in the coming fortnight.
3. Consider a few quick changes to your schedule that will free up pockets of time.
4. Stack habits, errands and chores, to save minutes across the week.
5. Consolidate them into 2-3 blocks of 20-40 minutes per week to create.
6. Make some cuts or say no to a few invites/activities, to make space for your creativity.
7. Keep a notebook and pen on a surface in the home, to note ideas as they come to you.
8. Set a monthly block in the diary, for 30-40 minutes, to consider larger ideas/projects.
9. Plan tiny pockets of time into your schedule, to make progress across 2-3 months.
10. Set a timer for 5-7 minutes and see how much you can write (editing comes later).
11. Limit yourself to 3 tools, colours or materials and see what you can create in 10 minutes.
12. Write 5-7 ways you have been creative in the past and choose 2-3 to have a go at again.
13. Choose something to create, set up your space and do 5 minutes each day for a week.
14. Every day for two weeks, write ways you are creative into a big list.
15. Choose to action 1-3 of the items from number 14.
16. Spend 1 minute visualizing yourself telling a loved one about a creation you have made.
17. When the minute is up, give yourself 6-7 minutes to do a little of that creation.
18. Jot down ideas – big and small – of how you would enjoy sharing your creation with all.
19. Choose 2-3 ideas from number 18 and make a note in diary of steps to implement them.
20. Write some simple statements of how being creative makes you feel.
21. Use the words from number 20 around the home or in your journal to motivate you.
22. Plan a fun 'celebration hour' each time you clock 10 hours of effort on your creativity.
23. Clear a small corner or space to showcase your creations.
24. Tell 3 people you love when you complete 3 hours of work on your creation.
25. Share your progress with me - email louise@louiseannknight.com - I'll cheer you on!

I have written Creative Cardio, based on tiny actions I have taken over the years, to ensure I keep writing - around all the commitments of daily life. It is only since Autumn 2022 that I have shifted to writing full-time. It has also been a useful way to expand on how much I can create, by making better use of tiny pockets of time. It is surprising how much progress you can make and important not to judge yourself. Celebrate your efforts and enjoy growing it!

FEED YOUR IMAGINATION...

Jot 3-5 ideas of things that excite, fascinate and inspire you. Whether it is art, books, crafts, culture, dance, food, music, languages, subjects of interest or hobbies you wish to return to:

...TO ENCOURAGE INSPIRATION

Incorporate some of the above into the coming weeks, months or year ahead. Mark dates or reminders to invite family or friends along with you. Inspiration is best when shared!

TINY ACTION TRACKER

Being able to see your progress is vital, with tiny actions. Fill in this section and use the space beneath, to plan follow-up actions or expand ideas.

ACTION

TIME SPENT

- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____
- _____	_____

-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	
-	

NEXT STEPS / NEW IDEAS

Use this space to brainstorm, mind map or simply make a list of actions/reminders:

I hope that this journal has helped you.

To explore further, visit www.louiseannknight.com

THANKS FOR READING 😊