

Sacred Creative Hour Cheat Sheet

First, Some Questions:

Date: _____

When do you focus best?

- Morning
- Afternoon
- Evening

When do you feel most creative?

- Morning
- Afternoon
- Evening

What aspects of your schedule are you willing to sacrifice, reschedule, or cancel to make room for your creative hour?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Who will you tell about your creative hour? Who in your life needs to know about this commitment?

How many days a week do you want to create? ____ / 7

What aspects of your schedule are non-negotiable? What can't you reschedule, re-work, or cancel?

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Do you have a pre-creative/writing routine? If so, what is it and how long does it take? How much time do you need before your hour?

How will you ensure that you stick to this hour? (This could be a habit tracker, an accountability buddy, an end-of-week reward, etc.).

How to Use This Calendar:

1. Make a list of the types of commitments you have (ex. work, writing, personal).
2. Pick a color that will correspond to each commitment type (ex. blue for work, yellow for personal).
3. Use the weekly calendar below to highlight and/or block off every non-negotiable commitment you have.
4. What hours do you have free every (or almost every) day?
5. Consider your answers to the above questions. Do any of your free hours correspond with the times you feel most focused and/or creative?
6. Block off the hour that best fits your schedule, your creativity, and your needs.
7. Insert that hour as an appointment in whatever you use for a daily/weekly calendar.
8. Tell the people who need to know. This hour is sacred. It is an appointment with your creative brain.
9. Stick to this sacred creative hour for one week. Then, at the end of the week, use the space below for reflection.

Post-Week Reflection:

How many days did you stick to your designated creative hour? ____ / ____

What did you like about your creative hour?

What, if anything, didn't you like about your creative hour?

How do you feel after this week? 1 2 3 4 5 6 7 8 9 10

Do you plan to stick to this hour or change it? Why?

Set your intention for this coming week? When will you create?

Weekly Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:30							
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