

A WORKSHEET FOR THE  
**WORDS THAT MOVE ME**

PODCAST BY DANA WILSON

EPISODE

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**DOING DAILY**

In this episode, I talk about the project that changed my life more than any other. It is my argument for MAKING SOMETHING EVERY DAY, EVEN IF IT SUCKS! I strongly encourage you to take on your own daily creative challenge and download the WTMM Doing Daily Diary to help!

MY  
NOTES:

“Creating an artistic work every day will change the way you see the world and the way you interact with the things and people in it.”

-Dana Wilson

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IN THIS EPISODE  
WE ASK THE QUESTION

# WHAT IS ART?

RECORD YOUR THOUGHTS BELOW

MY  
NOTES:

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IN THIS EPISODE  
WE TALK ABOUT HOW

# **ART CAN CHANGE YOUR LIFE!**


Is there a time when you felt a shift in your life as a result of your training or being part of a creative project?

**WHAT CHANGED FOR YOU?**

**DID OTHERS NOTICE?**

**DID YOU TALK ABOUT IT?**

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# **WHAT WILL YOU DO WHEN YOU WANT TO QUIT?**

There will be days when you don't "feel like it."  
Your brain will give you all the reasons why it's ok to stop...

## **WHAT MIGHT YOUR SELF TALK SOUND LIKE WHEN THIS HAPPENS?**

Example: You're just having an off day, just wait and come back to it when you feel inspired.



## **THEN DECIDE ON A PHRASE THAT YOU WILL COME BACK WITH.**

Example: Oh brain, that's cute, but I'm a person that does what i say I will do 100% of the time!



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# WHAT IF?

It's easy to get hung up on the reasons not to try something, what takes a little more practice is envisioning the good that might happen if you do it anyway.


## WHAT IS HOLDING YOU BACK?

Example: I'm afraid of an imperfect moment being captured on video forever.



## WHAT HAPPENS IF YOU DO IT ANYWAY?

Example: I might take more risks and be more playful in my work if I'm not worried about being perfect.



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