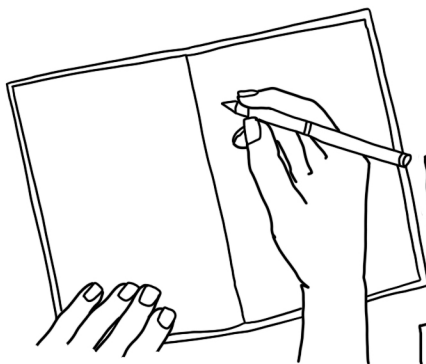
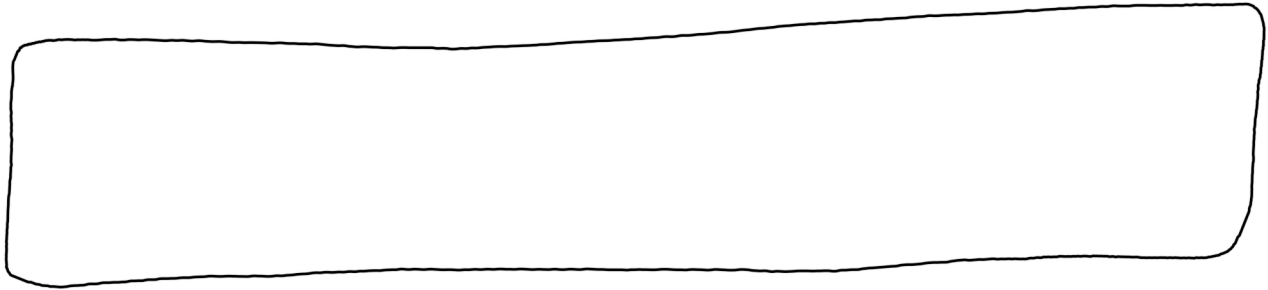


CREATING A YEAR LONG PROJECT THAT FITS YOUR LIFE AND GIVES YOU THE RESULTS YOU WANT



HAND DRAWN
GUIDED JOURNAL
BY ANDREA SCHROEDER
CREATIVEDREAMINCUBATOR.com

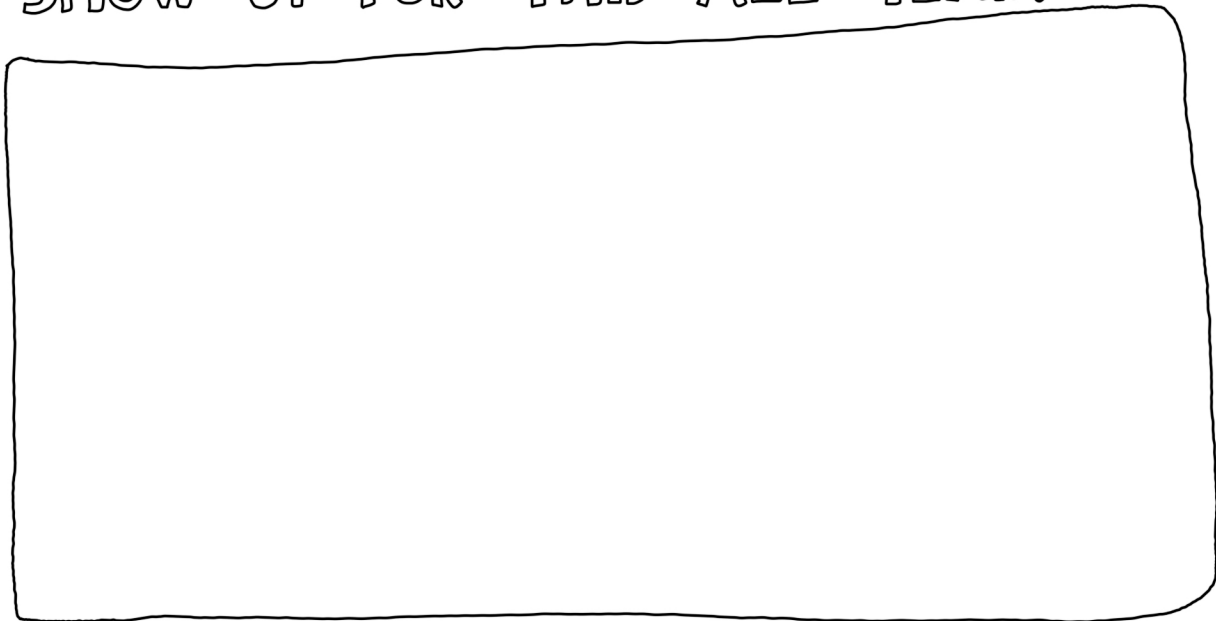
WHAT DO YOU WANT TO PRACTICE,
CREATE OR DO FOR YOUR PROJECT?



WHAT DO YOU HOPE TO GET OUT
OF THIS?



WHAT IS THE BIGGEST + BEST THING
THAT COULD HAPPEN IF YOU REALLY
SHOW UP FOR THIS ALL YEAR?



WHAT IS THE IDEALIZED VERSION OF HOW YOU WOULD LIKE TO DO THIS?

WHAT IS THE EASIEST + SMALLEST WAY YOU COULD DO THIS?

HOW OFTEN DO YOU WANT TO SHOW UP FOR THIS?

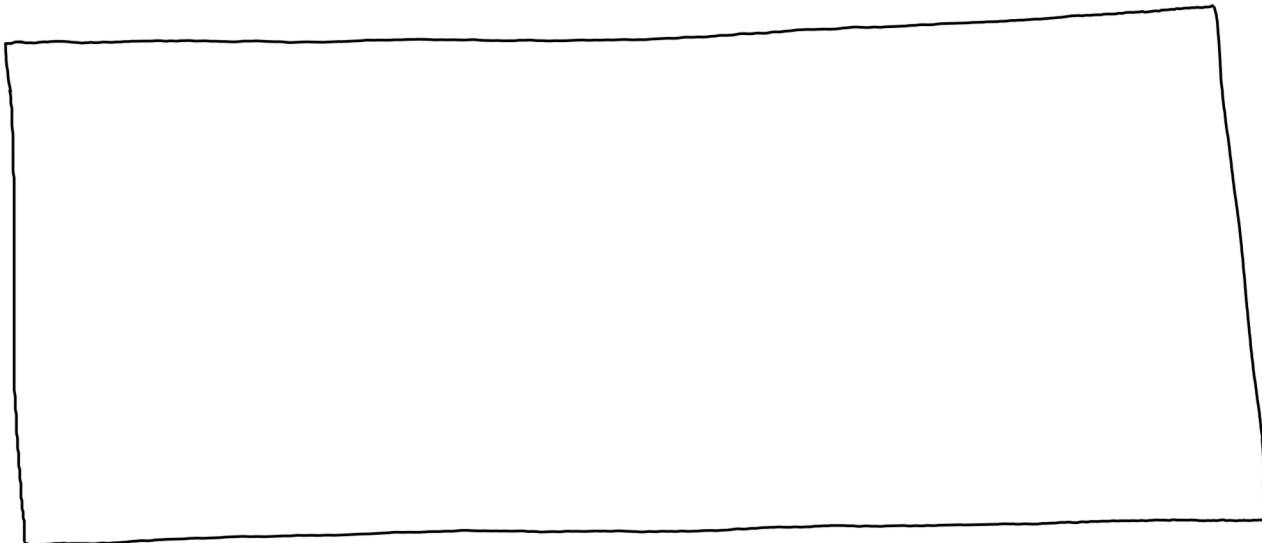
☐ DAILY ☐ WEEKLY ☐ MONTHLY

☐

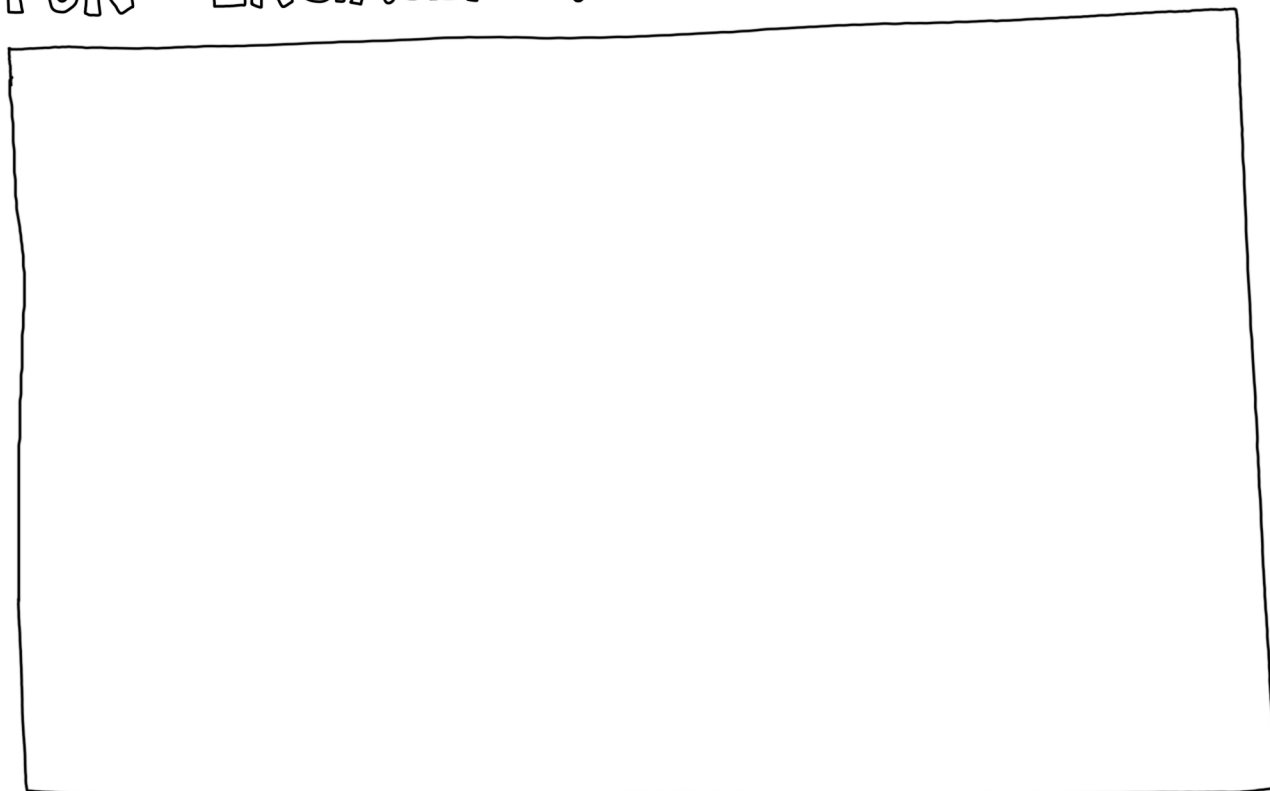
DO YOU WANT TO DO THIS FOR A WHOLE YEAR OR A DIFFERENT AMOUNT OF TIME?

CHECK IN WITH YOUR BODY.
DOES THIS FEEL LIKE THE RIGHT
COMMITMENT TO MAKE OR DOES
SOMETHING NEED TO CHANGE?

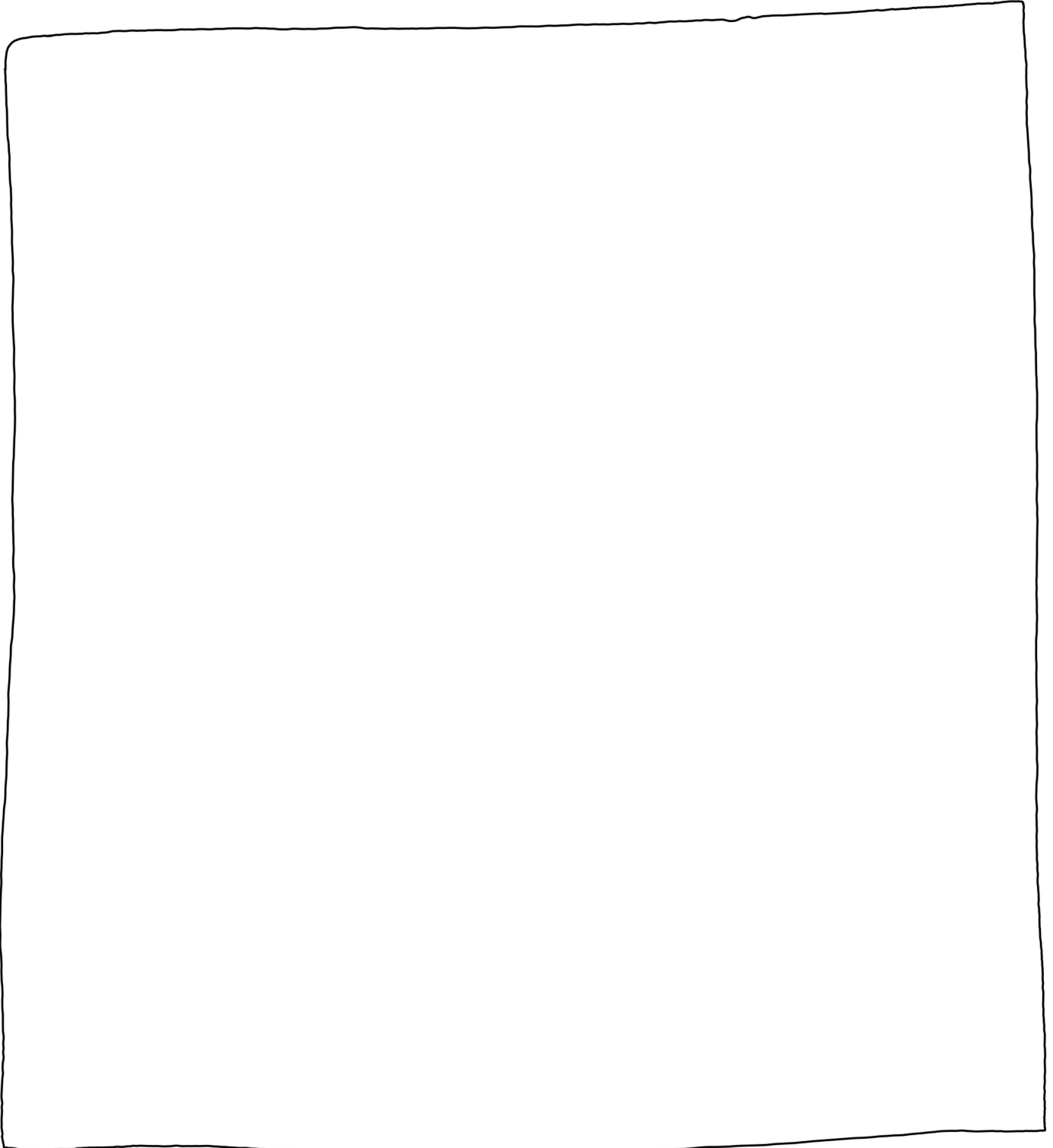
HOW CAN YOU MAKE THIS EASIER FOR YOURSELF? ARE THERE TOOLS, NEW PERSPECTIVES OR OTHER SUPPORTS THAT MAY HELP?



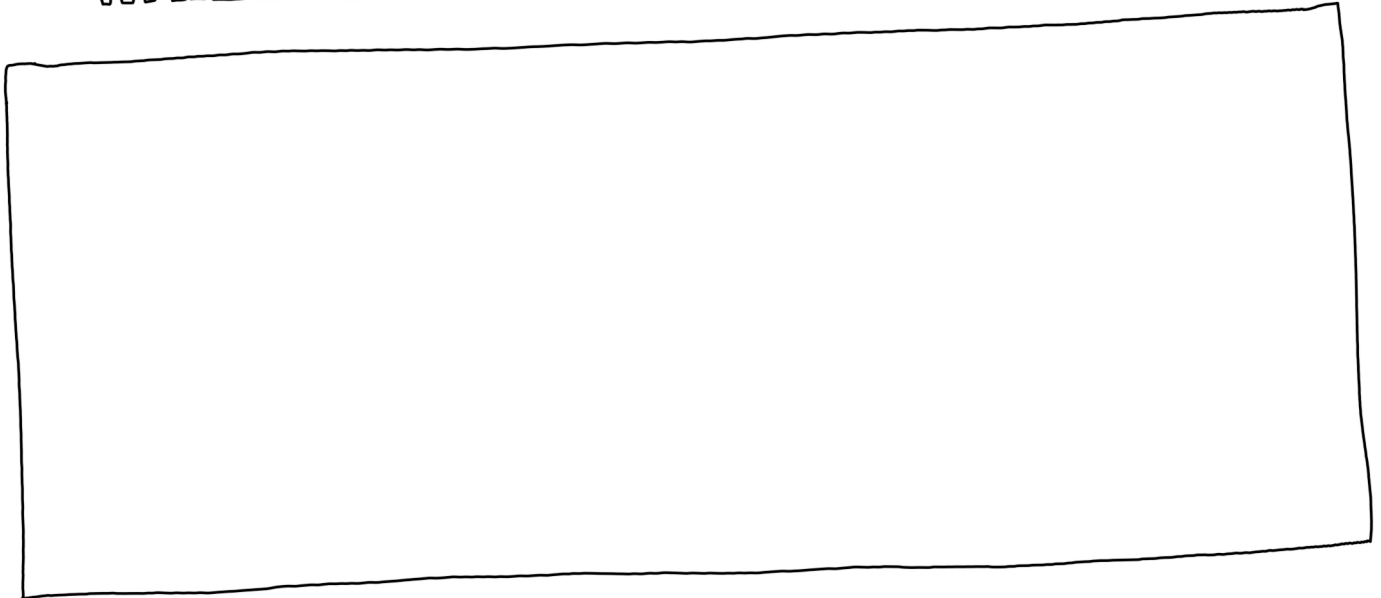
HOW CAN YOU MAKE THIS MORE FUN + ENGAGING?



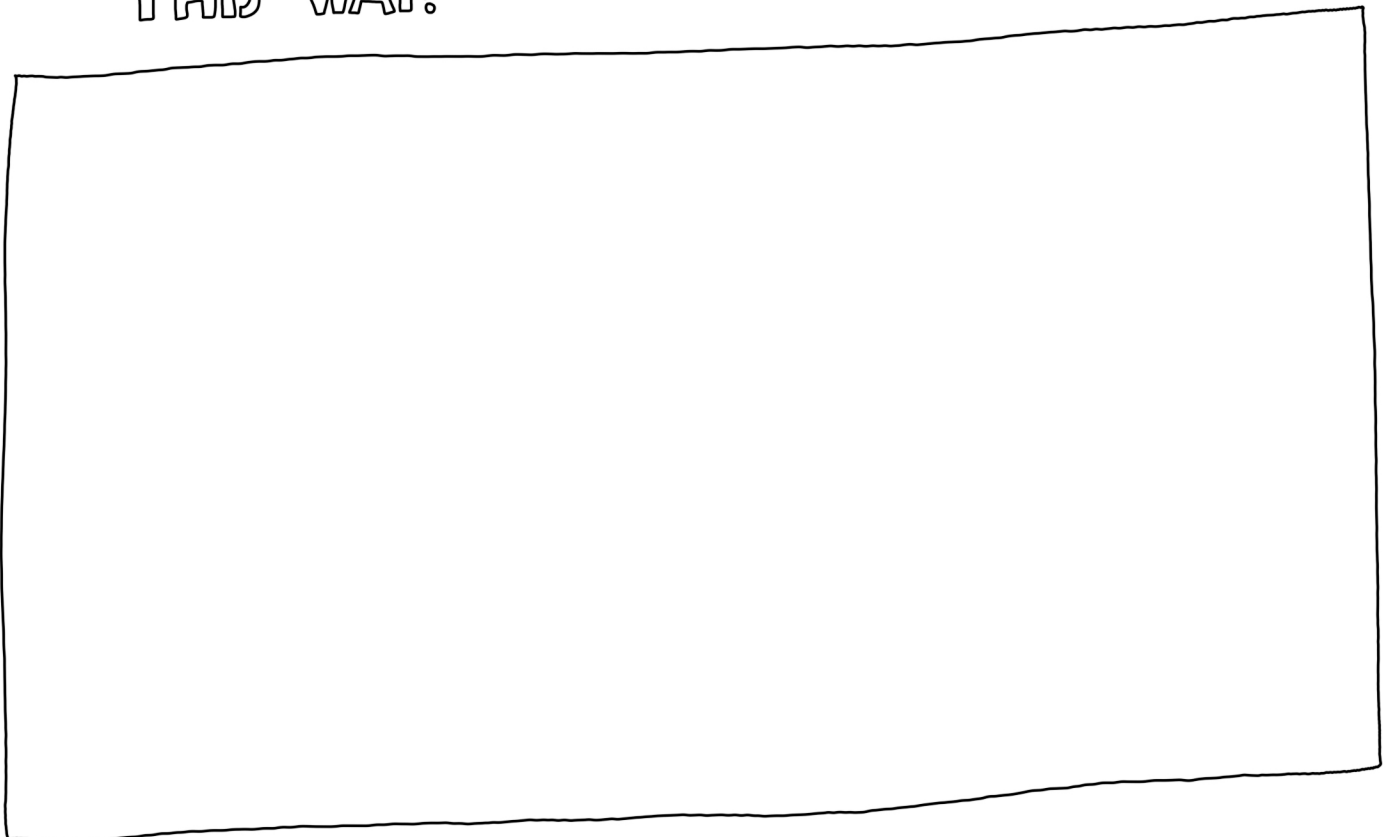
WHAT WILL YOU DO IF ONE DAY
YOU REALISE YOU STOPPED SHOWING
UP FOR THIS? HOW WILL YOU GET
BACK ON TRACK?



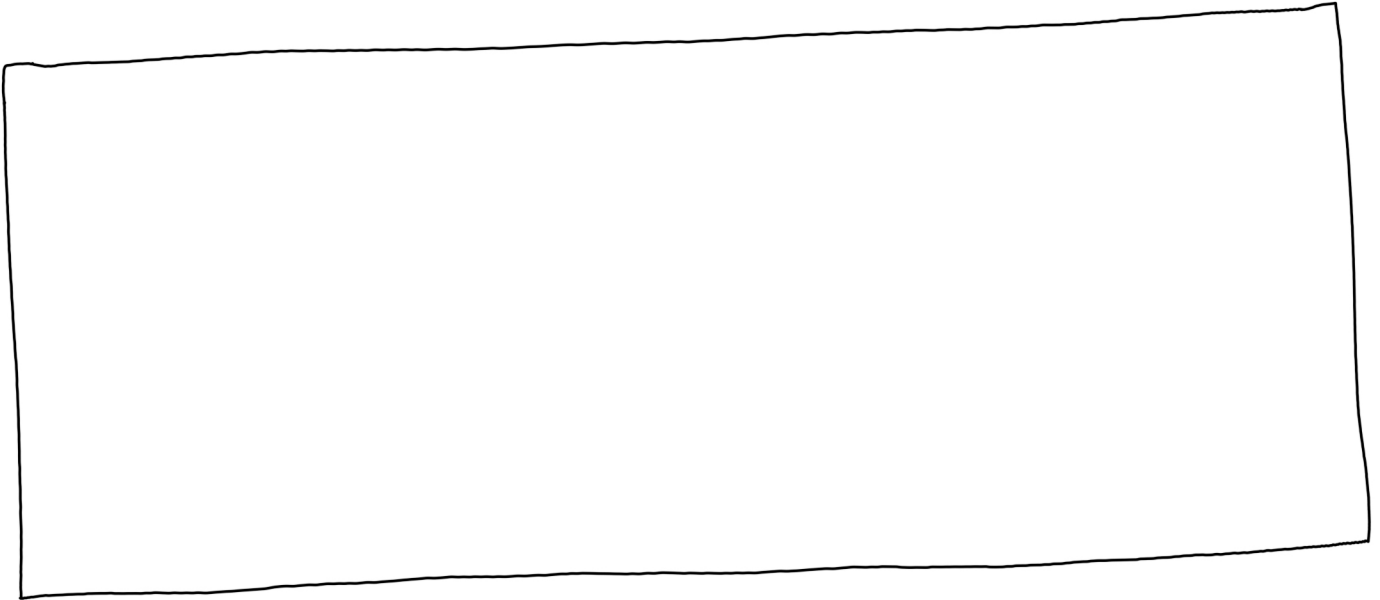
HOW DO YOU WANT TO FEEL
WHILE YOU ARE DOING THIS?



HOW CAN YOU SET UP YOUR
PROJECT TO HELP YOU FEEL
THIS WAY?



HOW DO YOU WANT TO BE CHANGED
BY THIS PROJECT?



HOW CAN YOU SET UP YOUR
PROJECT TO HELP YOU GET THIS?

