



1. Kill (or at the very least, maim) your inner critic.
Participate in the LifeArt Studio full-day workshop on Quieting the Inner Critic: Strategies for Transforming your Creative Life.
2. a) Take in the good.
Experience good experiences in your body as well as in your head. See Rick Hanson's *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*.
b) Practice gratitude.
Research supports the rich potential of this one simple but profound practice.
3. Get clear about the *feeling* (not the results) you want to have as you experience your life.
The artful project you commit to must support and enhance this feeling.
4. Create in *writing* a clear intention to make changes for the good that support that feeling.
Make an *action plan* that articulates choices and decisions leading to more artful living. It will help you "course-correct" when necessary, like an artful GPS.



5. Seek the help of a teacher, mentor, or coach to learn skills, attitudes, habits that will support your intention.

The power of a clearly articulated intention sets forces into action. Teachers show up in your life, sometimes unlikely ones. Books you need to read drop into your hands. A tune sends you reeling just when you most need to let go and get help. Go ahead, ask for it; it's waiting for you.

6. Establish a practice to support your intention.

Rally the skills, knowledge, time, and space to actually "do" the change that you're seeking.

7. Show up every day—*full-out*—on behalf of your intention.

No half-hearted attempts. No letting yourself off the hook. Surround yourself with people, books, experiences that support showing up for your own "wild and precious life." Be rigorous in eradicating toxic conditions and toxic people from your life.

8. Use your time wisely in large and small units.

Be willing to take baby steps toward your goals and "take in the good" every time you do. Cultivate Buddha Time.

9. Establish a "growth mindset."

Based on the work of Carol S. Dweck, this mindset sees challenge as a springboard for growth. See *Mindset: The New Psychology of Success*.

10. Work the foundations.

Establish your unique foundational practices that give you the energy, focus, and motivation to imagine, construct, and live the life you most want to lead. See the LifeArt Foundational Practices.

Shape the *life* and the *art* you were born to create.
It's time.