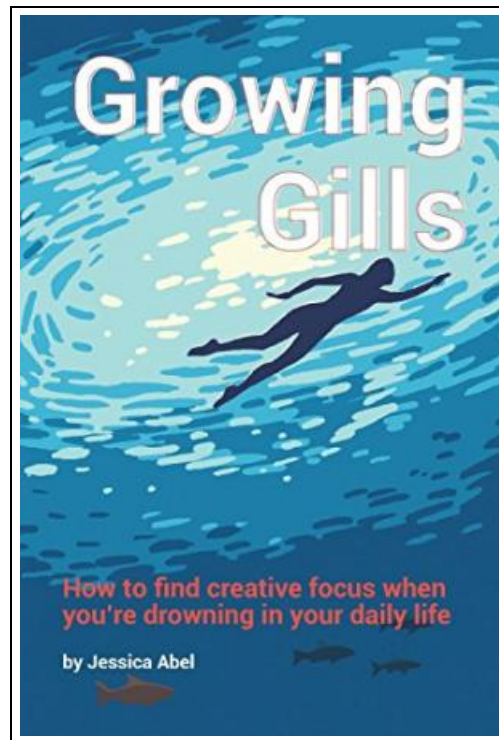


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Go from overwhelmed, anxious, and stuck, to consistent, clear, and in control of your creative life. If you feel like you re floundering in the deep end (Not waving, drowning!), and anxiety over the complexity and enormousness of your creative projects overwhelms you, stop scrambling to fit everything in and feeling stretched thin. DIVE DEEP AND SWIM Sustain the energy you feel when thinking of how awesome your projects could be. Value your own creative work as highly as work you do for other people. Build a reusable structure and process that will consistently get you to the finish line. Blast through your stuck-ness. Focus. Finish. Move on to the next project. You re a creative person. Even if you have a hard time calling yourself a writer or an artist in public, making your creative work is core to who you are and how you see the world. You may be harboring a big, ambitious idea for a project. Possibly a lot of them. And it s killing you. You lie awake thinking about it.and hating yourself for not doing more to make it real. And then in the morning you re exhausted, and you can t believe you wasted more time on this stupid idea. Who ever told you you were creative anyway? You try to shove your idea away, to forget it. But your creative work is what keeps you sane. You can t not do this. So you live with guilt and anxiety all the time. You ve tried to carve out the time and attention you need to devote to your creative work. You ve made ambitious goals, you ve written lists, you ve scheduled calendars.you...



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