

About Time: Five Questions to Gently Reclaim Your Creative Life.

1. What do you mean by creativity?

Start by deciding what your version of creativity is. Keep it small. Keep it tangible

2. Why aren't you creating ?

It's rarely just about time; look instead for perfectionism or procrastination keeping you stuck.

3. What is your particular time suck?

We all have habitual time drains — naming yours is the first step to reclaiming that time.

4. Where are you a magpie?

Inspiration overload can feel like research, but it often delays the act of making — simplify and commit.

5. What are you going to create?

Choose one small, tangible, joyful project and begin it within the next two weeks — no overthinking, just begin.
