

# The Creative Habit

by Twyla Tharp

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Build A Starting Ritual**

Choose one physical cue that begins every creative session this week: clear the desk, lace your shoes, play one track, open the same notebook, or make tea. Keep it short enough that you cannot resist it.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Make A Project Box**

Create a folder, shoebox, note, or board for one project. Add ten raw fragments before judging them: quotes, images, overheard lines, memories, sketches, links, or questions.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Name The Spine**

Write the project in one sentence: 'This is about...' Then remove one idea, scene, feature, or flourish that does not serve that sentence.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Scratch From A Different World**

Borrow structure from outside your medium: a dance phrase, menu, map, legal brief, album sequence, sports drill, or magazine layout. Keep the form, change the content.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Rehearse The Basic**

Pick one boring fundamental and repeat it for 20 minutes: opening sentences, thumbnails, scales, movement phrases, interview questions, outlines, or transitions. Skill is momentum insurance.