

FYF PLANNING CHECKLIST

- Watch video
- Print out worksheets
- Clarify your goal
- Heartstorm ideas for your practice
- Set your minimum time
- Decide on your 30 day practice
- Schedule your practice for the month
- Select location & prepare space
- Select & prepare art materials
- Finish filling out plan & put it somewhere you'll see it
- Do a few test runs before Day 1
- Make any adjustments to your practice or plan if needed