Me, a Little Further On

About 6 minutes

1. Pick a time ahead: one year, five years, ten, or just "someday".
2. Draw yourself as a stick figure in the middle of the page.
3. Around you, draw or write what you'd love your life to have in it. Big, small or silly all count.

One example · yours can look different



Notice: Which thing made you smile first?

Your Task, the Movie

About 5 minutes

1. Pick a task you've been avoiding, like the laundry.
2. Draw a movie poster for it with a dramatic title, like "Return of the Laundry".
3. Add a tagline and some star ratings. Then go and do the opening scene.

One example · yours can look different



Notice: Making a dreaded task a bit silly can shrink the dread enough to begin.