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Project work by Cynthia Lisa Dube

Greetings from The100DayProject!

“*Every moment is a fresh beginning.*”

We hope all is well with you! A new year is around the corner - and we have important news to share with you about the The100DayProject's direction for 2022!

Last year, with the stress and uncertainty of the pandemic that affected all of us, we made a conscious decision then to pivot away from a rigorous daily effort of 100 days to what we felt was a more doable, weekly creative practice. We called this weekly practice *Solstice to Equinox - Out of the Darkness into the Light*. This gave folks a chance to be more mindful and successful with their projects – while creating an opportunity to build a holistic approach with their creative practice.

For 2022, we plan to stay the course with this weekly approach. Most people we have talked to are weary, overwhelmed, and want a focus without the added burden of meeting yet another daily commitment. The Solstice project is a doable, holistic practice that integrates weekly (or more often if you want) hands-on project work - with time for contemplation and exploration.

We will be supporting *Solstice* participants in 2022 with weekly questions and prompts to encourage, inspire, and support their creative journeys. This will take the form of a weekly email (which you'll be invited to subscribe to in the next newsletter).

Participants will also be invited to share their thoughts and project images on our *Creative Practice* Facebook page. This private group became an important on-line community last year for participants to connect, support and inspire one another. We will also post information about support networks and organizations you can join, as well as tips and ideas for creating your own creative collective.

Last year's weekly practice approach worked well for many of you. And we've found that a weekly commitment can be as powerful as a daily one for building a practice that leads to a creative habit. Of course, it's up to you.

Important dates:

The *Solstice Project* launches on the winter Solstice date, December 21, 2021. It ends on the Spring Equinox, March 20, 2022

For those folks wanting a more intense daily practice, we recommend they join the larger expanded national group that has sprung up over the last few years. They can offer you guidance and support - similar to what we have in the past. They have more resources, a large following, and have monetized their approach. To learn more, visit their site at www.the100dayproject.org. [Please note we are not connected with this group in any way. We reap no financial benefit if you do decide to join that group].

We'll be sharing more about the *Solstice Project* in the next newsletter! We look forward to supporting your creative journey in 2022! It's a fresh beginning!

Stay well, be resilient,
Ann & Catherine

www.The100DayProject.com





Project work by Kimberly Ann



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