

# EVERY DAY MAY 2024

Welcome to Every Day May 2024.

We are so glad you have decided to join us on this month long journey of creativity.

**Every Day May** is a month long, social media based creative challenge made to inspire and nurture the inner artist in us all. It is a new opportunity to create.

Participants engage in daily creative activities of their choice during May, emphasizing *consistency and self-growth over perfection*. With incredible giveaways and initiatives along the way, the challenge promotes goal-setting, accountability, and fosters a supportive community, allowing each participant to tailor their experience.

By the end of the month, you will feel inspired, nourished, and motivated to continue your artistic journey.

## **Your Goal, Your Why**

Each creative is encouraged to ask themselves what is it they are seeking more of in their creative practice right now (the **why**), and what can you do to reach it (the **goal**).

Once one has set a goal, take time to think about the steps, the creative movements, it will take to reach the goal, and break it down in to daily smaller goals. One can use the Every Day May Journal sheets to document the daily goals and thoughts.

Writing down a goal and breaking it down into smaller challenges allow you to see what lies ahead and what you need to manage.

When planning your goals, be realistic! Look at your month ahead of time and if, for example, you know you are on vacation out of country for a week, then set your goals accordingly so you can still accomplish your daily goal while away from home. Be honest and true to your creative self with the time you have to give yourself in meeting this challenge.

## What can a goal look like?

Everyone's month end goal will be different so therefore their daily goals will look different as well. This challenge is self directed and only you are responsible to set and see through the goals.

Examples could be:

- **One End Result:** "I am a painter who wants to increase the size of the canvas I work on."
- **Collaboration of Smaller Projects:** "As a ceramicist, I will create one bud vase a day."
- **Explore New Ideas and Themes:** "I have always wanted try capturing the best light of each day."
- **Continue What You Do:** You are established in your practice so continue on, but still set yourself a project goal.
- **Reignite:** You have hit a slump, a dead end, lost motivation. Revisit what you last worked on and set it on a new path, or look for something completely new. The accountability of having this challenge may get you back on track.
- **Non-creative:** Your goal doesn't have to be a tangible finished art piece. Creativity comes in many forms and perhaps your goal may be gathering inspiration for new works, writing each day, practicing self care in a creative way.

Remember, this is your challenge and you are directing yourself through it!

# EVERY DAY MAY JOURNAL



My goal in completing Every Day May is to:

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DATE	DAILY GOALS
MAY 1	
MAY 2	
MAY 3	
MAY 4	
MAY 5	
MAY 6	
MAY 7	
MAY 8	

DATE	DAILY GOALS
MAY 9	
MAY 10	
MAY 11	
MAY 12	
MAY 13	
MAY 14	
MAY 15	
MAY 16	
MAY 17	
MAY 18	
MAY 19	
MAY 20	
MAY 21	

DATE	DAILY GOALS
MAY 22	
MAY 23	
MAY 24	
MAY 25	
MAY 26	
MAY 27	
MAY 28	
MAY 29	
MAY 30	
MAY 31	

