

HOW TO USE THIS JOURNAL?

Either print off the pages each month from this journal that we have created for you - or simply apply the concepts to your own journal, notepad or pen.

Don't forget to form your **accountability buddy group** inside our support community <u>HERE</u>.

From now on - all of your gratuity exercises & affirmations will be found within the monthly growth journal - please do not forget to keep practising these, they truly are the key to your success.

love Lx

Monthly Artist Growth Journal A BIG WELCOME

This journal is designed to help you get the most out of being an Authentic Artist Academy Member.



Managing yourself and focusing on taking aligned action every single day can feel daunting as an Artist, but it really doesn't have to be.

Use this journal throughout the next month & you'll see.

The journal starts by providing you with a very important question ...What does it mean to be a busy vs. productive artist.

After that you'll dive into defining a focus for the month that's aligned with your desired outcome and helps you to gain clarity on the necessary action steps, that will move you towards it.

The Daily Self Management Exercises and the Daily Money Making Task Checklist will help you to streamline your efforts on a daily basis, and finally bring your dream business to life. Lastly - use the daily checkin's to practice The positivity & consistency that will be key to your success.



Busy VS Productive

Artists

The hard working Artist that is always busy but never makes money	The mindful artist that manages their time strategically and makes a great return on time invested	Solution
Has many priorities	Has only a few priorities	Revisit your IF's & Then's Exercise from The Dream Business Clarity Class, in The Create Module & write down daily, weekly & monthly priorities.
Confuses requests and shiny objects with opportunities and says YES too often.	Knows when to say NO: Whenever something isn't aligned with his/her priorities	Regularly practice the visualisation technique from The Dream Business Clarity Class to stay focused & motivated.
Mulittasks	Does one task at a time	Set a 30 minute reminder on your phone to close all tabs on your computer & switch off phone distractions when creating.
Gets lost in details	Focuses on the big picture	Use the time blocking technique that you learnt in The Art of Time Management Class, to stay moving and focused on the bigger picture.

Busy VS Productive Artists



The hard working Artist that is always busy but never makes money	The mindful artist that manages their time strategically and makes a great return on their time invested	Solution
Takes on all the responsibilities	Eliminates or delegates tasks	Use the Eisenhower priority matrix to identify tasks to eliminate or delegate.
Has no schedule or a fully packed schedule	Allocates time for reflection and planning. Has realistic timelines for small tasks and big goals.	Calendar block time for scheduled rest & reflection.
Self sabotages because of fear of short term losses & a lack of a long term strategy.	Has a bigger understanding of their numbers and knows they they need to spend money to make money.	Understands Acquisition Cost VS Client Value
Always in creation mode, and never in selling mode	Focuses on tasks that move the needle.	Use the daily money making task check lists in this journal and prioritise, daily.

Monthly ARTIST GROWTH

JOURNAL

Understanding & Setting your monthly goals. Start off each month with the big picture - reconnect to your "why" and start breaking it down into tangible steps, steps so small that you could take them this month, week or even today.

THE BIG PICTURE			
Then I have to	Then I have to	Then I have to	
STEPS TO ACHIEVE	STEPS TO ACHIEVE	STEPS TO ACHIEVE	

Now lets Define your goals

The question I ask myself almost every day is: what can I do today, to get me one step closer to who I want to be?

What is the one thing that will move you closer to who you want to be this month?



Start with the big picture.

What are some of the larger steps at the top of the If's & Then's worksheet? Write down the ones you want to work towards this month.

02

Set do-able milestones.

It's important to work towards goals that are challenging but achievable. Don't set yourself up for disappointment by setting unattainably high standards. But at the same time, don't sell yourself short by setting goals that are too easy to reach. Find a happy medium where you're pushing yourself outside of your comfort zone but still believe that the goal is achievable.

03

Get specific

Vague goals are more difficult to achieve than specific ones. When setting a goal, be as specific as possible about what you want to achieve and how you plan to achieve it.

A way to create

Step Two

Visualise The Outcome

Visualise a future version of your self. In a month from now, you have achieved all that you have set out to do. What did you accomplish? How do you feel?

Write it down and then take a few minutes to draw a really vivid picture in your mind. Come back to what you have written whenever you don't feel like doing the work and when you are doing your weekly checkins (see below).



DAILY MONEY MAKING





▼ Task 1: Get clarity

....don't just jump into work. Use the brain dump to let all your thoughts and to do's fall out onto the page. Then, prioritise your top three & write them down.



▼ Task #2: Nurture daily...

- Get recommendations: Ensure buyers & clients recommend you because of their unforgettable experience - then reward loyalty with a referral scheme.
- Tell stories: Use the art of authentic story telling to attract, connect & convert people into loyal supporters of you & your work.
- Share proof: Share any positive feedback as a screenshot on your social media or in your emails.
- Improve & talk about it: Invite people in and talk about your progress. People love to feel a part of your world - so let them.

▼ Task #3: Grow your list and audience every single day

....with organic activities and/or on autopilot using the leveraged exposure strategies in the Growth & Scale Modules found in the Inner Circle.



▼ Task #4: Give Value & Make an Offer

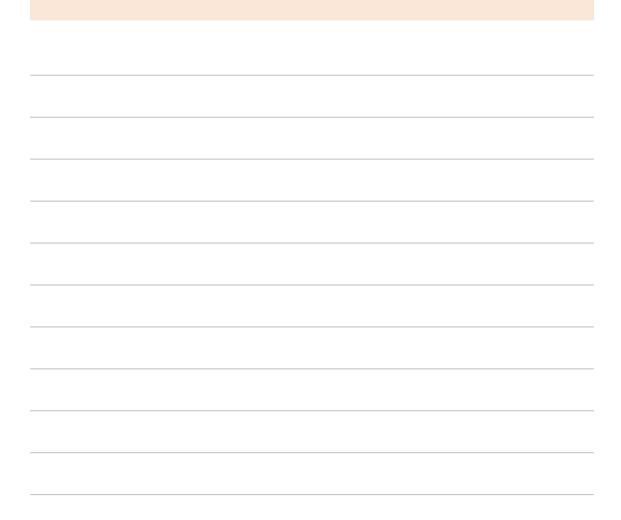
Make sure to share insight about how you create transformation with your art in a way that delivers value to your audience, then - make a clear call to action.



Step Three

Make a list of milestones and daily tasks.

What are some of the smaller steps you need to take in order to make progress towards this goal? What are the actions/tasks you need to do on a daily basis. If you are unsure about this, please ask in the community.





ARTIST GROWTH

JOURNAL

Daily Artist Growth Planner

WEEK 1

MONDAY'S CHECK IN

TODAY'S AFFIRMATION

My creativity is a gift, and I honor it by using it to express myself fully.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT

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TUESDAY'S CHECK IN

TODAY'S AFFIRMATION

I trust my artistic intuition, and I have faith in my ability to create meaningful work.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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WEDNESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am confident in my abilities, and I know that my work has value.

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THURSDAY'S CHECK IN

TODAY'S AFFIRMATION

I am focused and dedicated to my practice, and I am committed to continuous growth and improvement.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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FRIDAY'S CHECK IN

TODAY'S AFFIRMATION

I am motivated by my love for the arts, and I am constantly seeking new inspiration and ideas.

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3 THINGS THAT YOU ARE EXCITED ABOUT	



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SATURDAY'S CHECK IN

TODAY'S AFFIRMATION

I am grateful for the opportunity to pursue my passion, and I approach my work with joy and enthusiasm.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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SUNDAY'S CHECK IN

TODAY'S AFFIRMATION

I am resilient and adaptable, and I am able to overcome creative challenges with ease.

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3 THINGS THAT YOU ARE EXCITED ABOUT



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ARTIST GROWTH

JOURNAL

Daily Artist Growth Planner

WEEK 2

MONDAY'S CHECK IN

TODAY'S AFFIRMATION

I am open to constructive feedback, and I use it to grow and improve my craft.

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TUESDAY'S CHECK IN

TODAY'S AFFIRMATION

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3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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WEDNESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am patient and persistent, and I am willing to put in the hard work required to achieve my dreams.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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THURSDAY'S CHECK IN

TODAY'S AFFIRMATION

I am kind and compassionate to myself, and I treat myself with the same love and care that I show to others.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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FRIDAY'S CHECK IN

TODAY'S AFFIRMATION

I trust the creative process, and I know that each piece of work is a step on my artistic journey.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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SATURDAY'S CHECK IN

TODAY'S AFFIRMATION

I am confident in my artistic voice, and I am not afraid to take risks and try new things.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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SUNDAY'S CHECK IN

TODAY'S AFFIRMATION

I am focused and present when I am creating, and I am able to fully immerse myself in the artistic process.

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Monthly ARTIST GROWTH

JOURNAL

Daily Artist Growth Planner

WEEK 3

MONDAY'S CHECK IN

TODAY'S AFFIRMATION

I am motivated by my passion for the arts, and I am excited to see where my journey takes me.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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TUESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am kind and supportive to my fellow artists, and I know that we are all on our own unique paths.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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WEDNESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am proud of my accomplishments, and I celebrate each success, no matter how small.

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THURSDAY'S CHECK IN

TODAY'S AFFIRMATION

I am committed to using my art to make a positive impact on the world.

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3 THINGS THAT YOU ARE EXCITED ABOUT	



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FRIDAY'S CHECK IN

TODAY'S AFFIRMATION

I am constantly learning and growing, and I am open to new ideas and perspectives.

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SATURDAY'S CHECK IN

TODAY'S AFFIRMATION

I am worthy of love and respect, and I honor myself by pursuing my creative passions.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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SUNDAY'S CHECK IN

TODAY'S AFFIRMATION

I am capable of balancing my artistic pursuits with other responsibilities and obligations.

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3 THINGS THAT YOU ARE EXCITED ABOUT



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ARTIST GROWTH

JOURNAL

Daily Artist Growth Planner

WEEK 4

MONDAY'S CHECK IN

TODAY'S AFFIRMATION

I am confident in my ability to handle creative challenges and setbacks.

3 THINGS YOU ARE GRATEFUL FOR TODAY
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TUESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am ambitious and driven, and I am not afraid to dream big and pursue my goals with determination.

3 THINGS YOU ARE GRATEFUL FOR TODAY
3 THINGS THAT YOU ARE EXCITED ABOUT



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WEDNESDAY'S CHECK IN

TODAY'S AFFIRMATION

I am grateful for the creative community that supports and encourages me on my journey.

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FRIDAY'S CHECK IN

TODAY'S AFFIRMATION

I am committed to using my art to express my authentic self, without fear or hesitation.

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3 THINGS THAT YOU ARE EXCITED ABOUT	



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SATURDAY'S CHECK IN

TODAY'S AFFIRMATION

I am patient and kind to myself, and I know that artistic growth takes time and effort.

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3 THINGS THAT YOU ARE EXCITED ABOUT



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SUNDAY'S CHECK IN

TODAY'S AFFIRMATION I am excited and ready for what this next month brings. 3 THINGS YOU ARE GRATEFUL FOR TODAY 3 THINGS THAT YOU ARE EXCITED ABOUT



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