

- 1) **Take Home Tool (Downloadable Worksheet):** Each week, you can download the worksheet that will allow you to take positive steps toward change. Create a Life Makeover workbook, and once you complete the worksheet, print it out, and add it to this book. You've already completed an application to identify the changes you want to make in your life, and defined your four essential values. This week, begin taking the "micromovements" toward your dream. Best-selling author and artist SARK shows you how to get past procrastination and perfectionism in this week's take home tool.

Footnote: Adapted from the Book: The Bodacious Book of Succulence by SARK
(Fireside Books Simon and Schuster)

MICROMOVEMENTS

Tiny Little Baby Steps By SARK

Micromovements are tiny, tiny little steps you can take towards completions of your life.

I'm a recovering procrastinator and perfectionist and I have a short attention span, so I invented Micromovements as a method of completing projects in time spans of 5 minutes or less. I always feel like I can handle almost anything for 5 minutes!

Here's an example of a project that can sit on a list for months or even years.

Clean the Closet

It's too big! Nobody
wants to do it.

Procrastinators are great mental rehearsers. They can clean the closet in their mind dozens of times without any actual movement!

and then, there can be no failure! Or success.....

Here's an example of a micromovement:

Thursday, 10am,
Open the door to the closet.

After completing this micromovement, you simply choose another gentle, small step.

Friday, 2pm,
Take 5 pairs of shoes off
the shelf and look at them.

It is important to use dates and times as a guidance system. It is equally important not to tyrannize yourself with the chosen time. If the time comes, and you simply cannot make a move, gently assign yourself another date and time.

Writing it down gets it out of
your head where it can be
separate from you.

All of my 11 published books, posters, cards, and company exist due to many thousands and thousands of micromovements all strung together. I think of the micromovements as tiny colored beads that have helped me be someone who lives in her dreams instead of only talking about them.

Procrastinators are also great at beginnings and not as skilled at completions. I have learned about the satisfaction of completion. It is like a circle instead of a line. Most of us have such great dreams and intentions!

We deserve to complete our creative dreams and make room for more!

Micromovement Reminders

1. Choose a tiny step-something you already know how to do. If you want to write more letters, a good micromovement would be: Tuesday 2pm, put stamps and paper and pen in same spot.
2. Write down your micromovement with a date and time. You can always reassign it. It has more value in the material world when it is written down.
3. As soon as you've completed your micromovement, choose the next one and write that down.
4. Micromovements resist repetition. Example: "My micromovement is to write in my journal every day for 5 minutes."

Sound reasonable?

It may sound reasonable, but it isn't. Here's why:

The first time we get a headache, or don't feel like writing, or just don't do it, the inner critic lurches forward with pleasure and says, "Aha! See! You can't even write every day for five minutes. You'll never be a writer....blah blah blah."

Simply make it smaller:

Tomorrow at 8pm write in my journal for 5 minutes

5. Get micromovement support. Find a friend who is eager to work with micromovements and check in with each other on completion schedules.
Note: Do not engage in faultfinding or sarcasm when you falter. Choose a sensitive and kind friend doing inner critic work.
6. Collect notes about your micromovements all the way through a project, and study how you did it. We often forget our own ways and methods.
7. Be willing to practice this system and continually forget about it, fail at it, yet still have faith in yourself and your creative dreams.
8. Be willing to get smaller. Most micromovements are too large. In fact, we assign ourselves projects that are much too big and then get discouraged by our own inactivity.

More micromovement examples:

I wish to make a big purple pillow

Micromovements:

1. Call Nancy Wed. 10am ask where she got the great purple fabric
2. Thu 11am, put fabric near sewing machine
3. Fri 4pm, draw two types of pillow ideas
4. Sat 2pm, assemble supplies for 5 minutes
5. Sun 5pm sew a tiny purple pillow cover

Continue micromovements until completion.

Wish: To take singing lessons

Wish: To be more creative with the kids

Wish: to write a Children's book

Wish: To publish my poetry

Invent or imagine micromovements for each of these wishes.