

Blast Off

Class Schedule

| Day | Content & Extras |
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| 1 | <i>Get Organized / Be Grateful</i> Worksheet: Gratitudes Blast Off Contract |
| 2 | <i>Create Your Vision</i> Your Motives Worksheets: Check In with Yourself / One-Year Vision |
| 3 | <i>Create Your Affirmations</i> Affirmations List |
| 4 | <i>What's blocking your progress?</i> Tolerations |
| 5 | <i>Get Real About Your Finances</i> Worksheet: Monthly Business Checkup |
| 6 | <i>Notice</i> |
| 7 | <i>Habits & Routines</i> Rule of 5 |
| 8 | <i>Making Your Routines Stick</i> |
| 9 | <i>Plan Your Day</i> Daily Focus Index Cards |
| 10 | <i>Renew Your Commitment</i> Ecstatic Encounters |
| 11 | <i>Plan Your Year</i> Worksheet: One-Year Vision |
| 12 | <i>Invent Your Curriculum</i> Worksheet: Curriculum for Continuing Art Education |
| 13 | <i>Ask</i> Worksheet: Things You Do That Someone Else Could Be Doing |
| 14 | <i>Interview Yourself</i> Worksheet: Interview Questions |
| 15 | <i>Set Firm Boundaries</i> |
| 16 | <i>Build a Team</i> |
| 17 | <i>Get Back to Your Plan</i> |
| 18 | <i>Do What You Can</i> Bonus audio: Interview with Eric Maisel |