

The 24 Hour Comic Day



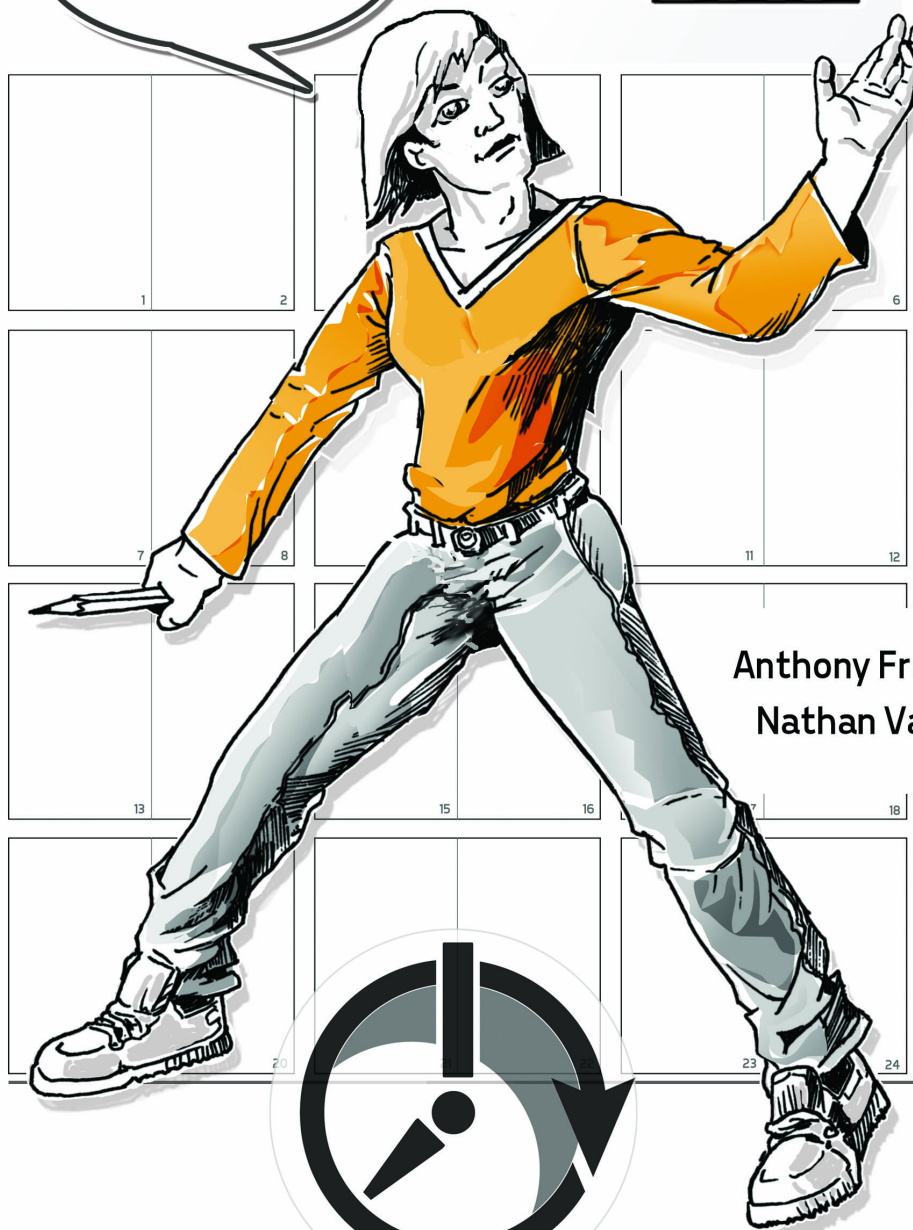
SURVIVAL GUIDE



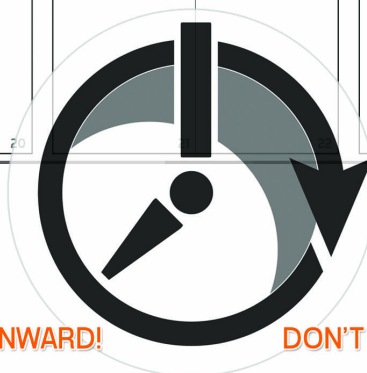
2014 SAN DIEGO COMIC-CON PREVIEW VERSION



24 HOUR COMICS DAY



Anthony Francis
Nathan Vargas



POWER ONWARD!

DON'T SLEEP

How to successfully navigate the hazards and challenges of 24-Hour Comics Day and walk out with a shiny NEW comic!

We are proud to present

The 24 Hour Comic Day Survival Guide

San Diego Comic-Con International 2014 Preview

Anthony Francis

Words, Some Images, Editing, Brainstorming

Thanks to my wife Sandi, who encourages all my creative endeavors, written and artistic; to my friend Nathan, who encouraged me to try 24-Hour Comics Day; to the staff of Slave Labor Graphics, who encouraged us to produce this guide; to Leef Smith of Mission Comics, who gave us a home on 24HCD; to Keiko and the rest of the Write to the End group, who try to encourage everyone in their creative endeavors and who helped us produce this book in their secret identity as Thinking Ink Press; and lastly, thanks to every art teacher I ever had.

Nathan Vargas

Images, Some Words, Layout, Exercise Design

- I'd like to thank my girlfriend and most significant other, Cortney DeCoite for steadfastly supporting many of my craziest ideas, this guide being one of them.
 - To Leef Smith of Mission Comics in San Francisco, CA., the man who believed in us back when we were just newbies trying to make it through those first few grueling 24 Hour Comic Days. Thank you for giving us our first big break.
 - And finally, I dedicate this heartfelt and sincere effort you hold in your hands to those creators out there who don't always have the support they need. Who are struggling to become the creator they see inside them. We support you. We did this for you.
-

From **Thinking Ink Press**

Liza Olmsted

Editing

Keiko O'Leary

Proofing

Betsy Miller

Marketing

contact@thinkinginkpress.com

The 24 Hour Comic Day Survival Guide

Preview Edition

Think You Can Create a Comic in 24 Hours? We Do Too!

Remember, It's Better to be Done!

www.blitzcomics.com

I know ninety-nine ways that won't work . . . [that saves] another fool from wasting six months on the same idea – **Albert Einstein**

The dare began when Scott McCloud challenged his friend Steve Bissette to complete an entire new comic in a single day. Nat Gertler took that dare and turned it into an annual event called **24 Hour Comic Day!** Now, ComicsPRO helps 24HCD venues all over the world host thousands of artists, all trying to complete Scott McCloud's dare:

Create a complete 24 page comic book in 24 continuous hours.

Comic creators at every level find this challenging – both Neil Gaiman (author of *Sandman*) and Kevin Eastman (co-creator of the *Teenage Mutant Ninja Turtles*) failed on their first attempts. We – Anthony Francis and Nathan Vargas, the authors – also tried ... **and failed!**

And we didn't fail just once: we failed several times. We're not quitters, so we didn't want to give up – but we didn't want to fail again. We're aspiring comic book artists, and took 24HCD on to improve our skills, but that works better if you get all the way to DONE.

We started looking for advice on how to succeed, and didn't really find what we needed. But we'd done 24HCD already – more than once – and had learned what definitely *didn't* work. So we decided to write our *own* guide to surviving 24 Hour Comic Day.

The next time 24HCD rolled around, using the very first version of this guide, **we both succeeded!**

Now that we've completed 24 Hour Comic Day successfully – half a dozen times between the two of us – we've learned even more, not just about what works and what doesn't, but also about how that information should be presented to help you succeed as well.

That's why we've created this new, updated version of the *24 Hour Comic Day Survival Guide*. In these pages, we have collected techniques that work and pitfalls to avoid. We've packaged them up in bite-sized chunks to help you digest them, and we've provided exercises to help you over the speed bumps.

Whether you're an experienced comic book artist or a complete novice, we've got tips, tricks and other advice that will help you succeed.

Writing this guide helped us succeed at 24 Hour Comic Day – and it will help you too!

Remember, it's better to be done!

Anthony Francis and Nathan Vargas

24 Hour Comic Day can also be written as 24HCD.

The terms can be swapped and they mean the same thing.

*Why are you taking the challenge this year?
Write your reason here.*

What do you imagine is the **hardest** part of this 24HCD challenge?

What would you imagine is the **easiest** part of this challenge?

To understand the challenges of 24HCD, it's best to see Scott McCloud's full description of his own dare:

Create a complete 24 page comic book in 24 continuous hours.

That means *everything*: Story, finished art, lettering, color (if applicable), paste-up, everything. Once pen hits paper, the clock starts ticking. 24 hours later, the pen lifts off the paper, never to descend again. Even *proofreading* has to occur in the 24 hour period. (Computer-generated comics are fine of course, same principles apply).

No sketches, designs, plot summaries or any other kind of direct preparation can precede the 24 hour period. Indirect preparation such as assembling tools, reference materials, food, music, etc. is fine.

Your pages can be any size, any material. Carve them in stone, print them with rubber stamps, draw them on your kitchen walls with a magic marker. Whatever makes you happy.

The 24 hours are *continuous*. You can take a nap, but the clock keeps ticking. If you get to 24 hours and you're not done, either end it there ("the Gaiman Variation") or keep going until you're done ("the Eastman Variation"). I consider both of these "*Noble Failure*" Variants and true 24 hour comics in spirit; but you must sincerely intend to do the 24 pages in 24 hours at the outset.

From www.scottmccloud.com/4-inventions/24hr/dare/index.html

24HCD is an extraordinary challenge: a solid day of thinking, writing and drawing an entire comic book end to end. That can daunt even people already used to all-nighters. So we want to warn you up front that 24HCD can be hard – practically, physically and mentally.

We aren't trying to scare you off, because 24 Hour Comic Day can be incredibly rewarding. We want to prepare you so that, when challenges show up, you're ready to deal with them. We want you to get the most out of 24 Hour Comic Day by succeeding at it.

Avoiding Pitfalls

What makes 24 Hour Comic Day really hard is the deadline. You can erase a bad line, but when you've used eight hours poorly, you may find yourself hopelessly behind the eight ball. The first half of this guide focuses on overcoming the most common pitfalls – helping you become mentally, physically and practically prepared, and making the best use of your time.

What actions would you take if you found yourself stuck in a pitfall?

- **Chapter 1: Preparing Your Brain**
Keeping Your Sanity during the Ultimate All Nighter
- **Chapter 2: Preparing Your Body**
Building up the Energy You Need for a Long Day's Journey
- **Chapter 3: Preparing Your Workspace**
You're Only as Successful as the Tools You Bring
- **Chapter 4: Spending Your Hour Like a Boss**
The Science of Success at 24 Hour Comic Day
- **Chapter 5: Drawing under a Deadline**
The Art of Success at 24 Hour Comic Day
- **Chapter 6: Thriving in Any Environment**
Getting the Most out of Your 24 Hour Comic Day Venue

Springboards for Success

Even if you avoid the pitfalls, 24HCD is still a lot of hard work over 24 hours and 24 pages – but there are techniques that can help. The second half of this guide provides springboards – exercises that can help you focus your story, break it down, get it on the page and draw it.

What will you do to make sure you succeed this year?

- **Chapter 7: Kickstarting Your Creative Process**
The Clock is Running ... Let's Generate Some Ideas
- **Chapter 8: Jumpstarting Your Story**
Energizing Your Idea So it Comes to Life
- **Chapter 9: Making Your Story Go Places**
Creating Interesting Plots with Conflict
- **Chapter 10: Fitting Your Story into 24 Pages**
Storyboarding Your Plot with Thumbnail Sheets
- **Chapter 11: Laying Out Your Page**
Arranging Panels so they Tell a Story
- **Chapter 12: What to Show in Your Panels**
Understanding the Dramatic Options for Your Artwork
- **Chapter 13: Turning Shapes into Art**
Using Basic Shapes to Make Drawing Easy

*Every imaginative thought
you have starts in your brain.*

*Of course you know that, but
do you know how your brain
might be combining elements
together so you actually
come up with new ideas?*

*Practice, practice,
practice...take a break.*

Then practice some more.

*That's the recipe for
success!*

Problems cannot be solved at the same level of
consciousness that created them. – **Albert Einstein**

How *can* you prepare your mind for 24 Hour Comic Day? The most important thing you need is the *desire to succeed*. Willpower alone may get you through 24 hours, but it probably won't get you to 24 pages. To succeed, you need more than just willpower; you need to want to succeed enough to take the steps to prepare yourself *before* the day. There's no point to staying up all night only to let yourself down, so make sure that you're ready to take on an all-day challenge.

The level of preparation you need for 24 Hour Comic Day depends on the goals you are setting for yourself. To understand the approach you need to take, ask yourself: *why* are you taking on the 24 Hour Comic challenge?

- **Is it purely as a creative exercise?** If so, great! Do whatever you must to get through 24 pages. Draw only stick figures using quotes taken from a book of quotations. That may sound "all too easy" – but trust us, it will get hard, sooner than you think.
- **Is it to prove that you can do it?** Wonderful – but make sure you have a clear idea of what "it" is. If stick figures and clichés aren't enough for you, decide what kind of art and dialogue are – and then practice that before the day itself, so you're fast.
- **Is it to get an idea on paper?** If you have a specific idea you want to turn into comic form, make sure that you're prepared to execute on it quickly, especially if you take the strict form of the challenge and do no plotting or sketches in advance.
- **Is it to produce a professional-quality comic?** Wow ... our hats are off to you! Comic book artists normally take up to 8 hours a page, so you will need to practice, practice, practice so you can draw 8 times faster than a typical professional.

The more ambitious the challenge that you take on, the more you must practice and prepare in advance, and the more disciplined you must be when executing on the day itself. There's no "right" level of ambition, other than 24 pages in 24 hours; the challenge is up to you!

Since it's up to you, you must motivate *yourself!* Working 24 hours straight is new to most people. You're on the clock for a whole day – and the clock never stops ticking. To develop a strategy that will take you through the whole day, you may need to use mental metaphors:

- **24 hours is like three 8-hour shifts of work:** On a normal workday, you may need to take breaks, but then get back to work and finish your shift. But on 24HCD, you can't just de-stress after a shift; you've got to reset the clock and forge on.

■ **24 hours is like an all-night study session before a day of exams:** You may need late night coffee and pizza to keep going, but you need to knuckle down. Even if you're tired and sleepy, that day of exams would still be ahead of you, so you forge on.

■ **24 hours is a day out of *your* life:** When do *you* get sleepy? When are *you* going to need a snack? When do *you* need to give your wrists a little break? You have to be good to yourself and give yourself breaks, but then you forge on.

You need confidence to get through the day. Every day, 24 hours rolls by. You live it! And there's no reason you can't scrawl stick figures and proverbs on 24 consecutive pages, is there? And that's a 24-Hour Comic! Believe in yourself!

You need commitment to get through the day. We won't kid you – the day is long and hard and you'll need to draw and think for much longer sequences than you are used to. There will be points you want to quit – we particularly dread 3AM, when all energy seems to fade.

You will get tired, and when you get tired, you may feel the “need” to quit. But just because you *feel* like you need to quit doesn't mean you have to! We find that the desire to quit fades over time, so when you feel the need to quit, you should do the opposite – push through and keep going!

On the other hand, be good to yourself! Some loopiness is expected in an all-nighter, but pain or nausea may mean you're hurting yourself. The warning signs for danger are the opposite of quitting: if you're hurting, but don't want to quit – take a break and assess your situation!

In fact, some people who have chronic health issues or unshakable life responsibilities choose to do 12-Hour Comics instead, and there's nothing wrong with that! In our Learning Labs, we've even done a 2-Hour Comic and it's still a useful challenge!

You should be ambitious, but realistic! Most people don't think they can finish 24HCD – but you *can*. At the same time, be realistic about your physical condition and choose a challenge that's impossible for you to *imagine*, but not impossible for you to physically *survive*.

You're doing something that is not part of your daily routine, so you need to adapt your daily routine to prepare for this.

What's your weakness that may prevent you from finishing? What's your superpower that will help you succeed?

Tips for Success

■ **Focus on execution, not perfection.** A professional comic book artist can spend up to 8 hours on a page, but the challenge is not to do 3 pages in 24 hours – it's to complete all 24. You need to think differently, to focus on speed rather than quality, and most of all, to think of story – to think of a sequence of pages. **The point of 24 Hour Comic Day is to focus on the practice of sequential art.**

If you stick to it, the pages will start writing and drawing themselves!

When it's 3AM, and all you've eaten so far is pizza, what are some of your own tips for success?

Try this: Simplify the details your brain is processing, for a few seconds.

For 25 seconds close your eyes and listen to your breathing. Slowly breath in then out.

Open your eyes and keep going.

- **Don't give up!** There are many points during the day when you'll just want to quit. But what's better? Being exhausted with a shiny new completed 24-hour comic in your hands OR being exhausted with a half finished attempt? You must push forward through that wall where you want to quit (you'll have many moments like this).
- **Feel free to vent!** You don't have to stick to your plan – if you're stuck, let a character mirror EXACTLY what you are thinking and feeling. Draw the emotions and say the words your own brain is screaming! This moves that feeling out of your head and onto the paper! **Venting increases energy and creates pages – it's a win-win!**
- **Give your brain a break every once in a while.** Even a finely tuned machine will need to shut down sometimes because it will burn out from too much continuous activity. But there are no slave drivers at this event! Your boss is not looking over your shoulders. Stop and smell the roses. Often you may come back with a new world-shattering idea.
- **If you are easily distracted by all the activity going on around you consider using earplugs.** We like the kind that play music. It's a well known fact that music can affect your mood. You can use this to your advantage by having a large collection of different styles of music on your portable music device. Sure, heavy metal might get your blood pumping for the first 4 hours but also consider what you might like to listen to at 3am when it's quiet.
- **Avoid getting sucked down into what we call 'rabbit holes'.** The biggest source of rabbit holes is the Internet, but you can find these anywhere: a cool web site, an interesting comic book, a fascinating companion. Look, we understand your least favorite actor is now playing your favorite superhero - but don't get sucked in to that! Just like the white rabbit, you'll be very late on the important date of finishing your comic on time - so stay on track!
- **Ask for help when you need it.** Yes, everyone is focused and determined to beat the clock and the challenge. Heads are down and pencils are fast and furious. But underneath it all this event is actually very social. Where else are you going to find people who know exactly what you're going through? If you are stuck or need inspiration, reach out to your fellow creators. There will be someone who's happy to spend a few minutes chatting with you. And if you're alone at home, use the internet. The official hashtag for 24 Hour Comic Day is #24HCD. Tweet and someone will chirp back, maybe even us!

Remember, 24 Hour Comic Day isn't an emergency – you know when it's going to happen, so there's no need to scramble at the last minute. You have plenty of time to prepare in advance before the day itself. 24HCD is a challenge, but if you prepare yourself, you can succeed!

Answer each question and give yourself a score for each one.

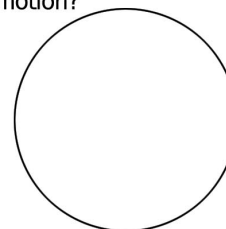
As you complete each section fill in the checkmark. After you've completed all the questions, write your total score in the box. This is your Brain Readiness Score. Higher numbers are better!

1. In the last 30 days how many times have you had a dream while you were asleep?

2. On a separate piece of paper draw a maze. It can be as detailed as you like. How long did it take you to complete the maze, in seconds?

3. On a scale of 1 - 10, how confident do you feel about drawing some simple stick figures?

4. In the circle, draw a simple emotion. On a scale of 1 - 10, how closely did you make your drawing resemble the actual emotion?



- Imagination
- Creativity

- Using Symbols
- Using your Senses

- Emotional Memory
- Language Memory

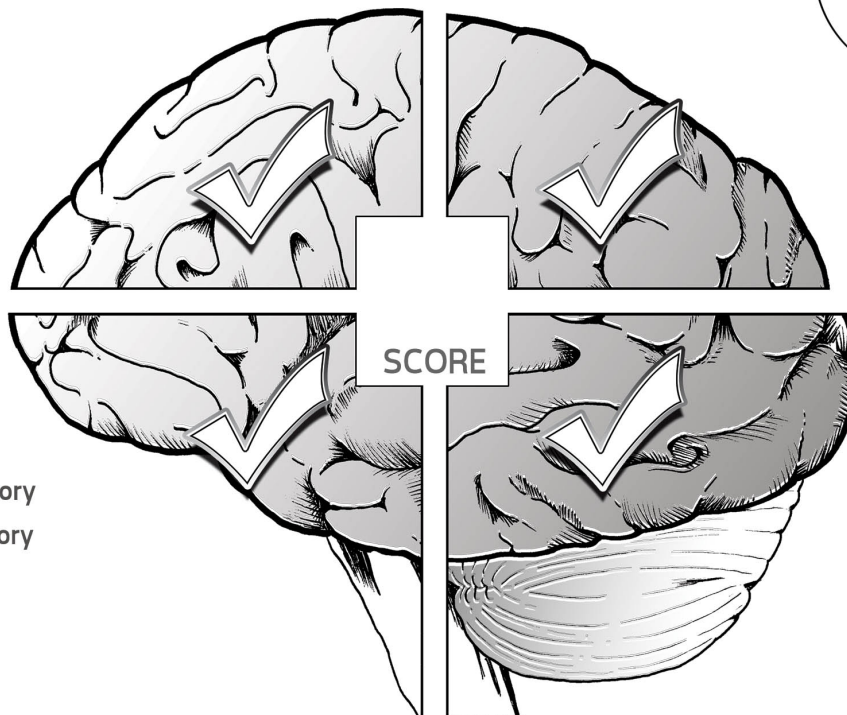
- Vision
- Matching Sounds with Words

5. Think back to the earliest memory you have where you said something. How old were you at the time of that memory?

6. Think back to the last time you were really happy. In number of hours, how long do you remember being happy?

7. Think back to the last person who spoke to you. Try and guess how many words they said to you during your conversation.

8. Take 5 seconds and listen to the sounds around you. Close your eyes and wait 5 seconds. Open your eyes. What is the first thing you see? How many letters are in that object's name?



*Hey, a blank page.
Design a superhero who can
use a sandwich like a weapon.*

Preparing Your Body

CHAPTER 2

Building up the Energy You Need for a Long Day's Journey

Remember, It's Better to be Done!

www.blitzcomics.com

A 24 Hour Comic Day event typically begins at 11am on a Saturday and ends at 11am on a Sunday. The *official* day is the first Saturday in October, but some venues hold their 24HCD events earlier or later to avoid conflict with local happenings.

Regardless, the event usually begins after breakfast on the start of a weekend, going on through lunch, dinner, late night, the hours that you normally sleep, and even the time that you normally might have breakfast the next day, before finally letting you go, 24 hours later.

So you need to be more than just mentally prepared to succeed at 24 Hour Comic Day: you need to be physically prepared as well. You may hope to power through the day just on willpower, but hope is not a strategy: taking care of your body is.

Some of this is obvious: your mind runs on your brain, and to keep your brain running, your heart beats once a second, your lungs breathe a dozen times a minute, and you need to eat and drink and go to the bathroom several times a day to stay functional.

So to take care of your body, you should make sure you've got food, water, and, most of all, a good night's rest! You won't be getting much sleep during 24HCD, so you should make sure that you are rested before you begin.

In fact, it's best to think of 24 Hour Comic Day as at least a 48 hour event. The day before, you should to pack your bags and get a good night's sleep, then have a hearty breakfast in the morning. Starting with plenty of energy will help the whole day go smoothly.

After the event itself, plan on winding down – a celebratory breakfast with friends, or just crashing out. Anthony tries to get a good night's sleep two days in a row, and books 8 hours immediately after the event for discussion and blogging, making it more like a 72 hour event.

More subtly, though, you should take care of your spirit: be prepared to resolve the little things that drag you can down. Bring an energy bar for those low spots, or a toothbrush to feel fresh, or a clean change of clothes to feel fresher; or maybe just a cushion for your chair.

If you take care of your body, it will take care of you and then some.

What are some super healthy food or drinks you might bring with you? Write them here.

Be extra careful if you have chronic problems in your body. You'll probably experience at least one flare up during this challenge.

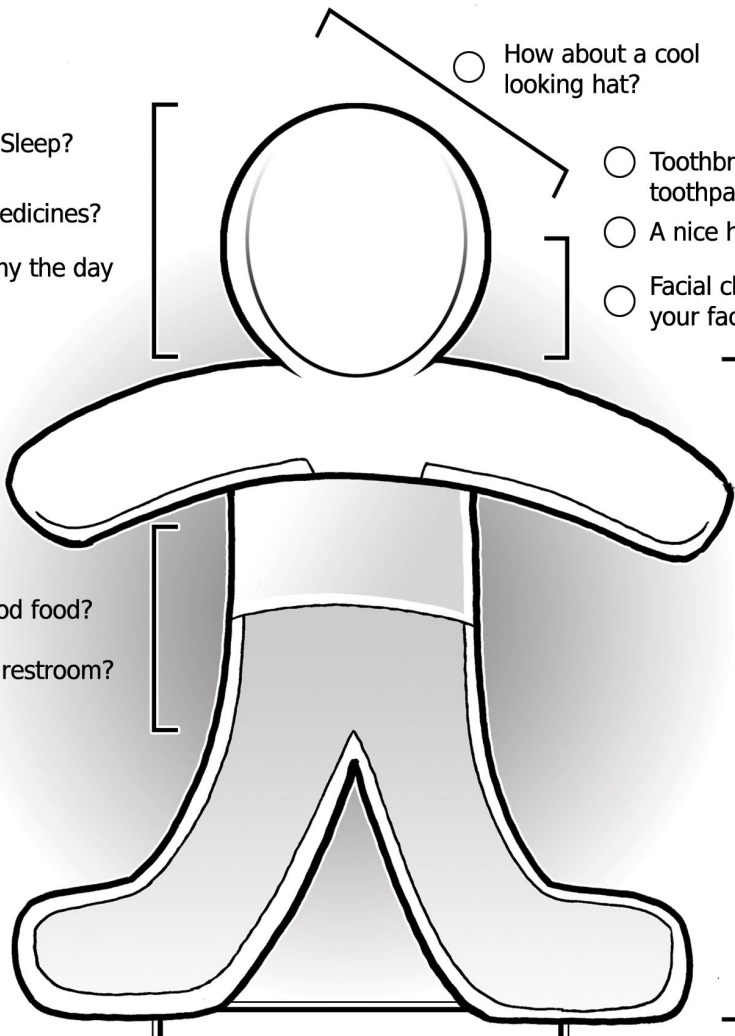
It's a great idea to take some time to breathe and calm your body. If your stress level is rising, close your eyes and imagine staring up into a clear blue sky.

Sure, it might feel a little hokey but your blood pressure will love it.

- **Stretch out your hands and wrists often.** At least every hour. **Seriously.** Repetitive strain injury (RSI) is damage caused by doing an activity over and over with bad posture. Your wrists are particularly vulnerable because all the nerves and tendons for your hands go through a narrow channel of bone. Once those tendons become inflamed, it's too late, so you have to stop the pain *before* it starts. Use good posture, take breaks, stretch your wrists frequently, and if you must, take ibuprofen – it prevents swelling.
- **Don't make snacks your sole food supply.** We all love chips and candy, but your body will hate you after hour 14 or so, if you haven't already sugar crashed. Make sure good food is available at the venue, bring healthy snacks like fruit or power bars, or make your own healthy meals ahead of time. Which brings us to our next point ...
- **Bring a cooler with food and drinks.** Having your own food on hand can save valuable time ordering a sandwich at the deli around the corner – and what if the deli's closed? The last thing you want is to lose an hour on a food run at 2AM. Pack lunch, dinner, a midnight snack, water or a beverage, and healthy munchies.
- **Bring toothbrush and toothpaste.** You can bring a whole toiletry kit if you want, but brushing your teeth in particular gives you a real mental and physical boost after a long day. Your brain already associates brushing your teeth with getting rest or getting up. Besides, there's really no need to marinate in your own juices all night...is there?
- **Bring a clean change of clothes.** At a minimum, you want clean underwear, socks and a shirt. And not just for the next morning – 24 Hour Comic Day is stressful. When you're worn out, when you feel like you've been grinding slowly into dust, and when you feel like your butt is sticking to the chair...get up, stretch your wrists, brush your teeth, and change your clothes. You'll be glad you did.
- **Be prepared for aches and gurgles.** What if you get a headache? What if you get sick from your packed lunch? You know your own body, so bring what you need: aspirin or ibuprofen, Pepto-Bismol or Tums, cough drops or sore throat spray. You can even bring a chewable multi-vitamin to give your body something to draw on that may translate into more brain power, a release of hidden energy, and clarity of thought. *Warning: Only you know if your body can tolerate a multivitamin. Use responsibly.*

1. Each bubble you fill in is worth 2 pts.
2. Draw a star next to the item that you feel is the most important.
3. After you've filled in enough bubbles, add up your score and write it in the box. Then GO PACK THE ITEMS ON YOUR LIST!

"Your greatest resource is your own body.
Take care of it...and it will take care of you."



- ☐ 16 Hours of Sleep?
- ☐ Pack your medicines?
- ☐ Eating healthy the day before?
- ☐ Move your shoulders?
- ☐ Stretch your wrists?
- ☐ Bring a heating pad or soothing cream?
- ☐ Pack good food?
- ☐ Use the restroom?
- ☐ Wear comfortable pants?
- ☐ Stand up and walk?
- ☐ Comfortable shoes and sandals?

- ☐ How about a cool looking hat?
- ☐ Toothbrush and toothpaste?
- ☐ A nice head pillow?
- ☐ Facial cleanser to keep your face clean?
- ☐ How about hand sanitizer??
- ☐ Bring a change of shirt?
- ☐ Have a warm sweater or jacket?
- ☐ Bring deodorant and skin moisturizer?
- ☐ Bring some sweatpants or shorts?
- ☐ Bring a soft pad for your chair?
- ☐ Maybe bring some clean undies??
- ☐ Maybe some clean socks or footies?

YOUR OVERALL SCORE

Now Go and Pack everything on your list!
That's the only action that REALLY counts.

Hey, a blank page.
Use this space to write your mom a letter.

You go to war with the army you have – not the army you might want or wish to have at a later time. – **Donald Rumsfeld**

No matter how psyched up you are, or how fit and rested you feel, you're not going to get far at 24 Hour Comic Day if you forget to bring pen and paper (or an equivalent). Some people can literally do 24 pages just using that; others need a lot more equipment.

Most artists we know use - at a minimum - pen and paper, pencils and erasers, pencil sharpeners and whiteout. Others use rulers, guidelines, and scratch paper. Some bring art materials like pastels or watercolors; a select few even use scanners and printers.

Look at the workstation where you do your art. What do you really use on a day-to-day basis, and what's just fluff? More importantly, what can you abandon to help you focus on getting things done? If you do color art, can you do black and white?

Once you decide on what you're bringing, get those materials ready ahead of time. Sharpen your pencils, check your pens, assemble other art materials, and pack your bag. And get to the venue half an hour early to set up your workspace before 24HCD officially begins.

What extra tools can you bring that might help someone out of a jam?

You can be their super hero!

Tips for Success

Here are some things you should bring to 24 Hour Comic Day:

- **Pens and paper.** This is a minimum. With a pen and paper, you can do 24 Hour Comic Day. Without them, you're reduced to scrawling your comic on toilet paper using your own ... um ... blood. We say, go with option 1. Bring extra paper in case of mistakes. Heck, we bet you can even fit an extra pen in your bag, too.
- **Your favorite materials.** You may have your own preferred art materials – dip pens, brushes, watercolors, whatever. Make sure you've got what you need to use them. Prefer a sable brush? Then bring ink ... and a water jar to wash your brush ... and a rag to wipe it. **In fact, bring a rag anyway – they're highly useful!**
- **Pencils and erasers.** Most artists like to sketch before they ink. Artists will fight to the death over standard #2 pencils versus fine art pencils versus mechanical pencils, but most recommend having more than one eraser – a rough gummy one for large areas, and a rubbery kneaded one for fine erasing. Or throw caution to the wind and just forget about mistakes – it's 24 Hour Comic Day!

If you decide to leave these basic tools behind you may be forced to draw your comic on the tabletop using your own blood coming from your fingertip.

Not the best way to go...

Keep in mind that it's really easy to forget something you thought you already packed.

Make sure to do another bag check before you walk out the door.

- **Whiteout, opaque ink, or white tape.** Alright, if you absolutely *have* to fix a mistake – say, because you don't want to throw out that page you just spent 45 minutes on – make sure you have whiteout, opaque white ink if you are bringing a brush, or even just white tape that you can use to tape over the offending region. In addition, bring a large black marker, which can serve a similar purpose and be used for silhouettes.
- **Triangle and T-square.** Are you sure you need to draw straight lines? Why not draw them by hand? We don't think Scott McCloud's going to come by your house and critique the panels of your 24 Hour Comic if they're not all lined up ... but, if you must, bring a triangle and a T-square to line up your right angles. A ruler is also useful, as are compasses, cutouts or French curves ... but did you want to get this done in 24 hours?
- **Your own reference sources.** The Internet is a great reference source, but it's also a time sink – and have you ever tried to trace a screen? Bring a cheat sheet for basic expressions, or a pose book for characters, or even a wooden model of a person or a hand or a horse or whatever it is you think you'll need to draw. You can bring your favorite art book, but don't bring your whole library – remember, you're not aiming for perfection at every angle, just to grease the wheels of a quick sketch.
- **Your own light source.** Venues sometimes have poor lighting, especially late at night when it's dark out and many interior lights may be turned off. When picking out a light, avoid the clip style – it's hard to find a place to clip them. Go for one that is bendy with its own base. We recommend compact fluorescent lights (CFLs) or LEDs: they save power and don't get as hot as conventional bulbs.
- **Your own power strip.** This is essential if you bring electronics and want to keep that stuff charged, such as your own light, your phone or tablet (did you bring its charger?), your iPod or MP3 player (did you bring *its* charger?), your laptop (it has a power adapter, too!) or other gear such as a lightbox or electric pencil sharpener, etc.
- **If you're really ambitious, bring your own scanner.** This is an especially good idea if you're working on a web comic. Maybe part of your personal requirements for 24 Hour Comic Day is that you will post you finished pages to your blog or website, then you'll have much better luck with a scanner at you disposal. Just make sure you have enough table space for it.



Prepping Your Tools

You have only what you bring with you.

<http://www.blitzcomics.com>

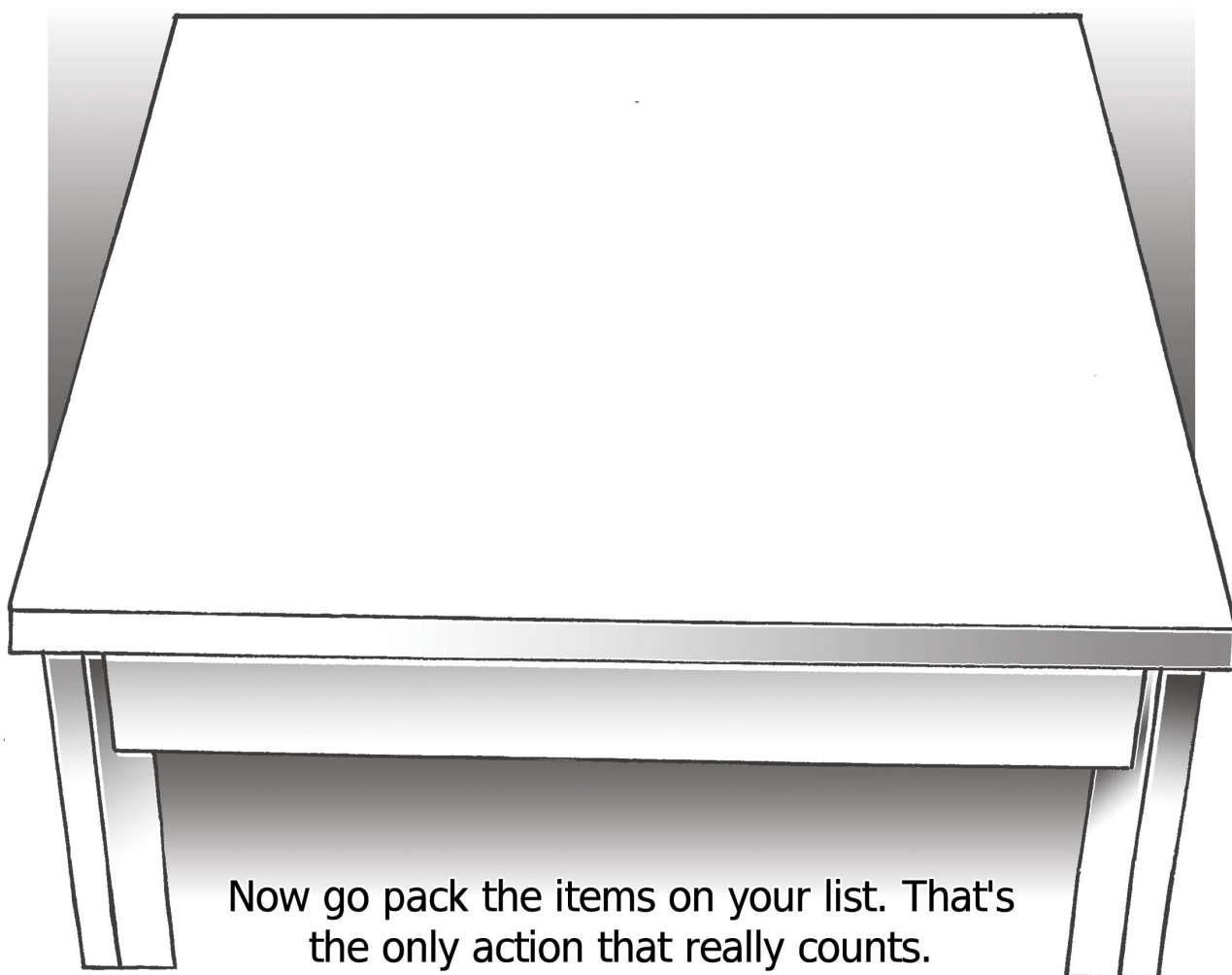
Remember, It's Better to be Done!

Instructions

1. Go over the list of supplies, utilities, and tools and fill in the bubble next to the items that you will bring with you.

2. Draw the items on the table and arrange your workstation the way you want it to be. Now go pack the items on your list!

- | | | | | | |
|---------------------------------|-------------------------------------|--|---|---|--------------------------------|
| <input type="radio"/> Pens | <input type="radio"/> Bristol Board | <input type="radio"/> Reference Books | <input type="radio"/> A Light Source | <input type="radio"/> Paper Clips | <input type="radio"/> Tape |
| <input type="radio"/> Pencils | <input type="radio"/> Water Colors | <input type="radio"/> Tracing Paper | <input type="radio"/> A Clean Towel | <input type="radio"/> A Stapler | <input type="radio"/> Scissors |
| <input type="radio"/> Art Paper | <input type="radio"/> White Out | <input type="radio"/> A Computing Device | <input type="radio"/> A rag for cleanups. | <input type="radio"/> Printer Style Paper | <input type="radio"/> Gum |
| <input type="radio"/> Erasers | <input type="radio"/> Ruler | <input type="radio"/> Smart Phone | <input type="radio"/> A Power Strip | <input type="radio"/> A Light Box | <input type="radio"/> Chargers |
| <input type="radio"/> Brushes | <input type="radio"/> T-Square | <input type="radio"/> Camera | <input type="radio"/> Internet Connection | <input type="radio"/> A Document Scanner | <input type="radio"/> |
| <input type="radio"/> Ink | <input type="radio"/> French Curve | <input type="radio"/> Extension Cord | <input type="radio"/> Jar for Liquids | <input type="radio"/> A Great Attitude | <input type="radio"/> |



Now go pack the items on your list. That's the only action that really counts.

*Hey, a blank page.
Use this space to start a screenplay.*

In my relativity theory I set up a clock at every point in space, but in reality I find it difficult to provide even one clock in my room.

– Albert Einstein

There are 24 hours in a day and 24 pages in a 24-Hour Comic, so you may think you have an hour to finish each page. Think again:

■ **One Minute Spent During Each Hour Costs a Half Hour over the Day:** If you do something each hour, whether sharpening your pencil, live blogging your progress or getting a soda, **the time it takes gets multiplied 24 times.** Even something that takes one minute adds up to 24 minutes over the day.
Congratulations. Texting your S.O. used up half an hour out of your twenty-four.

■ **One Hour Spent During the Day Costs 2.5 Minutes out of Each Page:** If you take a break, whether to set up your table, to have dinner, or take a nap, **the time spent gets taken out of each of your 24 pages.** Even a break as short as an hour chops 2.5 minutes out of each page.
Congratulations. Overthinking left you with 57.5 minutes to finish each page.

The solution is not to skip dinner or never sharpen your pencil—and if you're planning on never going to the bathroom, good luck. Trust us: you *will* need to sharpen a pencil or adjust your workspace, and you won't be able to eat in zero time. Never mind holding it for 24 hours!

Worse, what if something bad happens – what if you forget to stretch your wrists, your RSI flares up, and you need to take a wrist break? What if you knock your pens off the table ... or your ink onto your page? What if you get sick and lose an hour in the bathroom?

Incidents and accidents will happen, and wishing will not make them go away. Hope is not a strategy! A good strategy is to be realistic about how much time you need for administrivia and being smart about the rest of your time.

First, list the things that you do once or at most a few times during the day –lunch, dinner, breakfast, snacks, drinks, bathroom breaks, brain breaks, and naps –and divide their time by 24 to figure out how much it costs each hour. **We estimate you'll spend two hours on administrivia, which will cost five minutes each hour.**

So if it takes you 60 minutes to finish a page, congratulations: you're going to fall way behind. At the end of the day you'll have around 18 pages done, maybe 20 if you're really hard on yourself, half-starving, mad with thirst, clenching your buttocks while you frantically scribble with a pencil gripped desperately in your numb, throbbing claws.

Keep track of your time. It might seem constant from your point of view but it can easily get away from you.

Just remember that time is relative.

How much time are you spending trying to draw that fist? It's probably been longer than you think...

Or you can try to finish each page in 45 minutes—so you can finish all of them.

What can you avoid or minimize doing to save some time?

*If you can **gain** some extra time by finishing pages early, that's even better!*

So you've got at most forty-five minutes left.

You now have two powerful motivations: to power through everything nonessential quickly and make no mistakes—or to try to finish each page early.

45-minute pages will only work if you keep administrivia within 15 minutes per page. If you are willing to be realistic that you'll lose some time, think about *how* you'll lose it. After our initial failures, we analyzed the course of a day and added up the time things typically take. Make sure you don't waste more time than you need to on things that can cost you:

- **Eating:** If you give yourself no more than 30 minutes to eat lunch, dinner, and breakfast, and leave 15 minutes each for midnight snacks and beverage breaks, that's two hours over the course of the day, or five minutes lost from each hour. *Don't* assume you can power through by wolfing down junk food. It's not just that candy bars will cause blood sugar spikes where good food will keep you going. It's that you really can't shave off that much time. *Ten* minutes each for breakfast, lunch, dinner, midnight snacks, and beverages will still take almost an hour—2.5 minutes. Do yourself a favor: whether you pack a lunch or go to a café, eat good meals—and count that time.
- **Breaks:** There are a lot of reasons to take breaks. For your eyes. For your wrists. For your back. To recharge your brain juice. Realistically, you should take two and a half minutes out of each hour to at least stretch. For your health, you should take more. But we'll give you two and half minutes each hour—one hour out of your whole day.
- **Toilet:** We don't know about you, but we hit the toilet more than once a day, and it takes more than a minute each time. It probably takes more than two and a half minutes, but most people don't need to go to the bathroom every hour. So we'll give you an hour to hit the can over the day, averaging out to two and a half minutes lost each hour. If you're ahead of schedule, splurge. Go brush your teeth and splash water in your face. You'll thank us.
- **Mistakes:** Not every page is going to work. Not every idea is salvageable. And not every coffee spill can be mopped up before the stain sinks into the page. You're going to make mistakes—in the design of a panel, in the execution of a drawing, in the ripping of the paper. If you knew when they were going to happen, you could avoid them—but you don't. Assume you lose less than one out of ten pages. That's two (idealized) hours out of the day—five minutes of every hour.
- **Reading comic books.** Yes we know this seems counter intuitive but you can easily lose 15 minutes reading a comic. Especially graphic novels because, if it's a story you've been wanting to catch up on, it's all too easy to keep reading. Get inspired quickly, then put the book down and walk away.

■ **Tweeting and how often you update your social networks.**

This is one of those double edged swords. You definitely want to keep your followers interested in your progress and soak in the encouragement. The danger is there are so many different accounts to keep track of and that's not even counting answering the replies. Only consider updating your social circle if you're ahead of your goal, at least 1 page.

■ **Staring off into space for too long.** Even though it looks like you're thinking, be careful. All that spacing out takes up time where you should be drawing. Why not have your character space out instead and show it in your story? Maybe go floating through the ether and tell us what she's thinking and feeling. Maybe she can crash land on a new planet where there are gummy clouds of cotton candy.

■ **Resist the urge to return to any of the pages you've finished.** Even though it's fun to keep basking in the success you felt over completing a page it's still just 1 of many that are still waiting for you to bring them into existence. Remember, it's better to be done. ALL the way done.

Whew that's a lot of stuff to consider. There probably are many more ways to break this down, but you probably get the point.

24HCD is quite literally a race against time and time keeps going. It won't stop, but you might have to, so make your choices wisely. If you do, then you will reap the benefits of owning 24 shiny new comic book pages and the satisfaction that time didn't get the last word.

But managing your time is difficult, and maybe you haven't been convinced yet. So we created a diagram to help you understand how to break down your time ... our famous Timing Clock! Turn the page and wonder no more.

*What are some things you **shouldn't** do during your 30 minute window for drawing?*

Write them here and then avoid them!

Through years of trial and error (mostly error) we have distilled this entire chapter into a darn easy to understand visual aid.

The famous, world renowned, and crazy cool Hour Wheel (on the next page)!

Visualizing Your Time with the Hour Wheel

IMPORTANT:

Guard your half hour to draw with your life!

Keep in mind that there are probably many more things you'll have to do that we didn't list here.

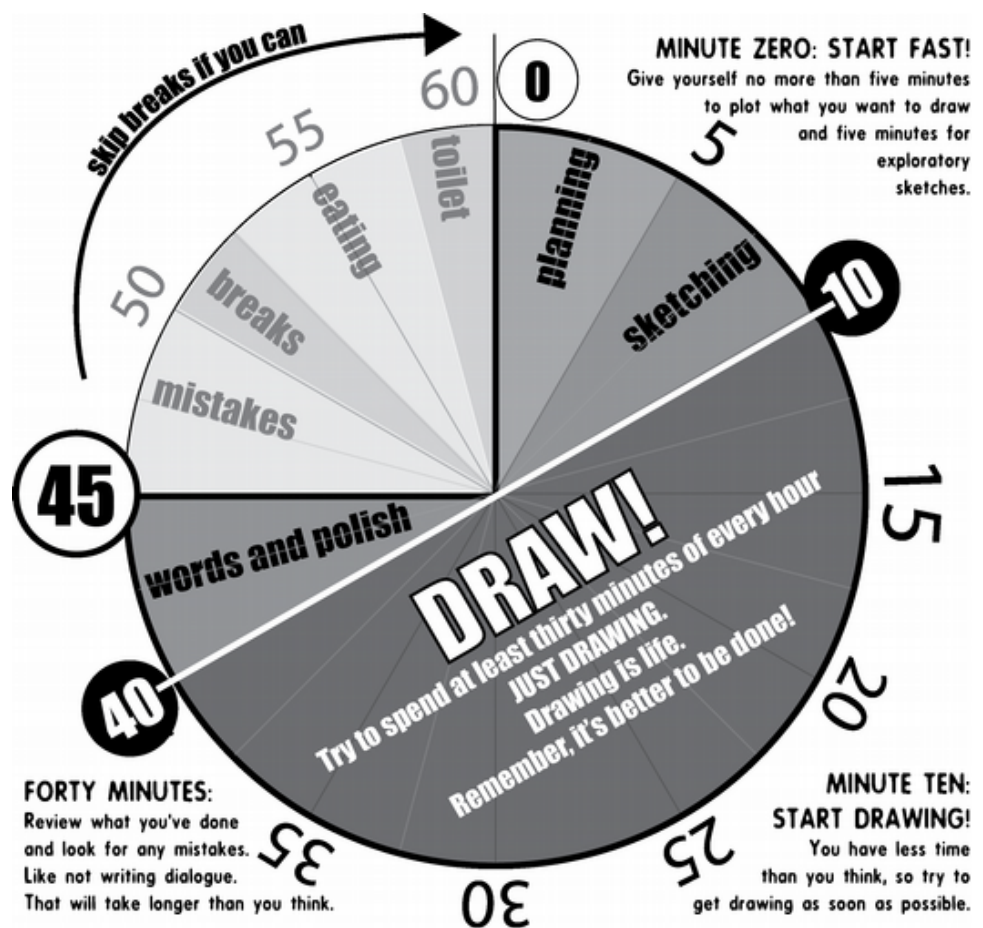
That's ok. Write those new things in here and try to whiz through them if you find yourself behind the 8-ball.

To help visualize how every activity you do can potentially take away from valuable drawing time, we created a diagram we call the Hour Wheel. It's a graphic way to visualize the minutes in each hour and how they translate into hours in a day. If fifteen minutes are spent on unproductive activities, you have forty-five minutes to complete a page. Even then, you will probably spend at least fifteen minutes on non-drawing productivity – leaving half an hour to draw.

Here it is in a nutshell.

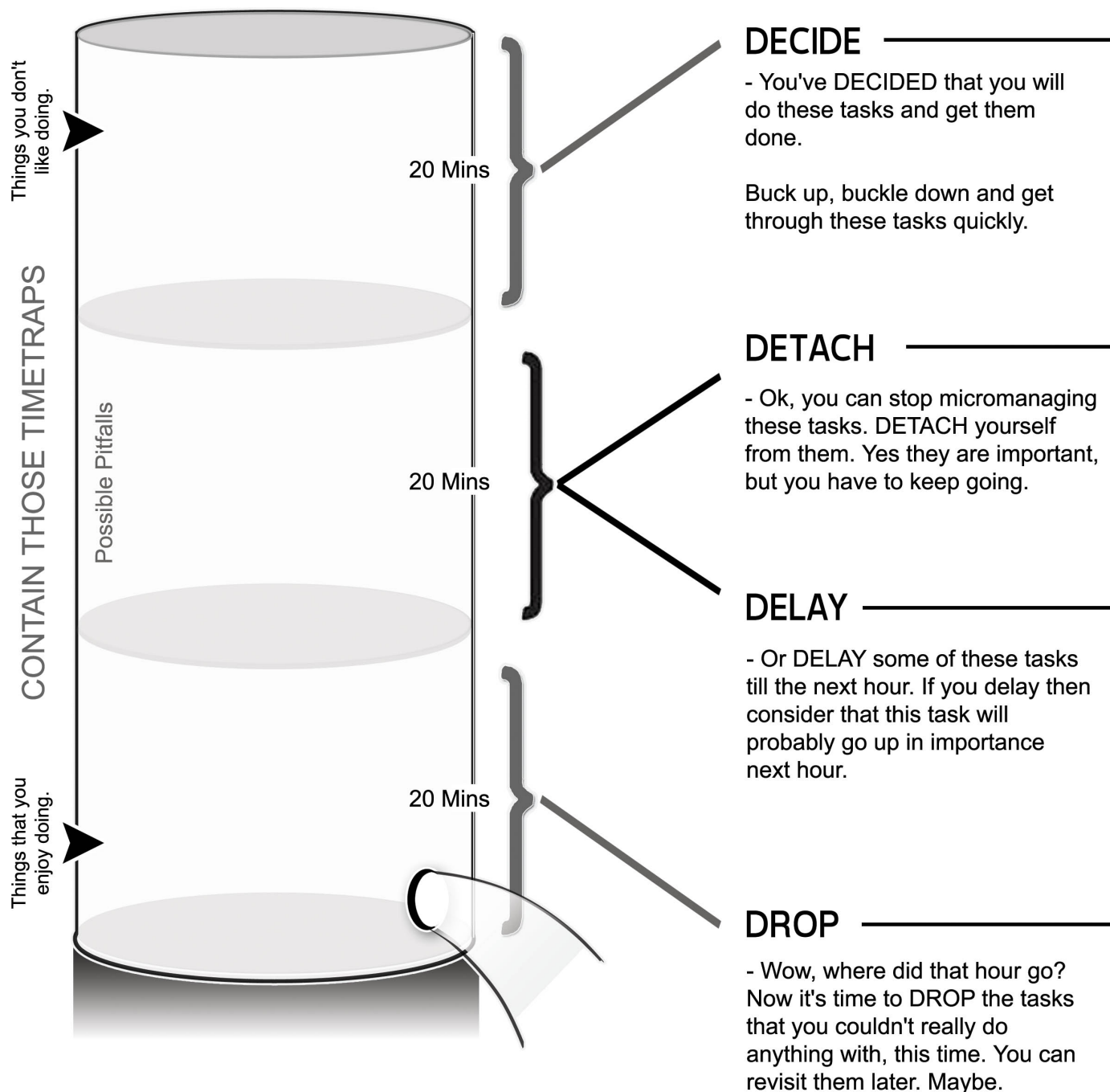
- At the 5 minute mark, give yourself no more than 5 minutes to sketch.
- At the 10 minute mark, get started drawing.
- At the 40 minute mark, look at what you've accomplished.

Skips breaks when you can and you can gain an extra 15 minutes!



1. Take out a blank sheet of paper.
2. Make a list of the tasks you don't like doing during the hour.
3. Make another list of the tasks you enjoy doing.
4. Transfer both lists to the Hour Cylinder with the 'don't like' tasks in the top section and the 'enjoy' tasks in the bottom section.
5. Set your timer for 20 minutes and when it is up make the decision pointed to by the bracket. Reset your timers and repeat.

Put 1 Hour Inside This Container..



*Hey, a blank page.
Draw a map to a secret buried treasure.*

Draw, Antonio; draw Antonio; draw and don't waste time.
—Michelangelo

If you only have 45 minutes to finish a page, how can you use it effectively? Well, you need to do at least two things to finish a page: draw it and letter it. Depending on your process, you might just wing the whole thing. That's perfectly OK. You'll get done faster if you do.

If you're doing something more planned, however, you're going to need to decide *what* you're going to draw, sketch out how it should look, script the words go with it, draw the page itself, and then letter it. A lot of that isn't drawing.

You should spend the minimum possible time on things that aren't drawing.

Knowing how long is 'too long to be still drawing something' is the key. If you know you can finish a panel in 10 minutes shoot for 8 minutes instead.

Try To Spend Less Than 15 Minutes on Preparation

Plotting, sketching, and scripting are preparation: they do not actually produce pages. If you've got 45 minutes to produce a page, you're better off spending less than a third of that on stuff that doesn't produce output. Say, ten minutes, max. Here are some tips...

■ **Plotting:** Deciding what you want to draw on the page. If you're winging it, this may be no more complicated than "Cold-Pizza Man dukes it out with The Salad Avenger." If you've got a more complicated story, make sure you leave enough room in the story. If you want to end your story with the Salad Avenger's victory after a long struggle, but by page 22 the hero and villain haven't even met ...you're in trouble. If there's any doubt in your mind, spend at least five minutes thinking this through. Actually, spend at most five minutes thinking it through.

■ **Sketching:** Deciding how you want your page to look. Again, if you're winging it, cartooning it, or playing it abstract, this may not matter. But whether you're doing a splash page, a complicated battle sequence or two people sitting down for dinner, having a rough sketch of what you want can make finishing the drawing go easier and faster and prevent mistakes. Spend at least five minutes sketching if there's any doubt.

For some people. preparation is the hardest part because you want to make sure all the t's are crossed, i's are dotted and commas are curved.

This type of thinking can get in your way of your success.

You have permission to try anything you like!

Spend at most 15 minutes on preparation if you can.

Spend at Least Half of Your Time Just Drawing

Yes, there are some great philosophical comic books out there, based on many well known deep thinkers.

It's not all superheros, ya know. :-)

Drawing and lettering are what produce completed pages. Typically, drawing is both the more time-consuming and demanding activity. You can have scrawled lettering as long as it's legible, but a squiggle is simply **not** Captain Godot unexpectedly arriving at one of Sartre's posh dinner parties.*

**The Captain first appears in Sartre's action-packed existentialist comic titled: "Waiting For Godot." -the Eds.*

We recommend spending **half of each hour just drawing**. If you spent no more than ten minutes on preparation, that leaves five minutes to letter your page (if you aren't doing it while you draw) which you can probably accomplish if you do it hastily (or you can take your time with if you're ahead). If you finish drawing each page in thirty minutes, you should have enough time to hit the can, stretch your wrists, and sit down to do the next page well ahead of schedule.

Tips for Success

Consider that Alan Moore and Dave Gibbons didn't complete *Watchmen* in 24 hours.

The purpose of 24 Hour Comic Day is **not** to realize your every artistic ambition ... but just to prove to yourself you can execute on some of your ambitions right away, in 24 hours, with a completed end product ... a completed piece of sequential art!

How about work small?
Nothing larger than 8.5x5.5 inch paper. Half the size of a regular sheet of comic book paper. The bigger the paper, the longer it takes.

If you like what you did, redo the **finished** 24-hour comic onto better paper afterwards.

This thing can eat you alive; here's some practical advice on getting it done. Some of this advice may seem contradictory, but every person is in a different place, with different styles and different problems – and may need different advice. Pick the ideas that will work for you.

- **Work Light!** Wondering which pen to use? Don't. Use only 1 pen. You have 10 different pencils you want to use? Don't! Use just one type. (Of course, bring a couple spares.) Your goal isn't perfect art, but page completion.
- **Work Forward!** Want to shade that oval for five minutes? Want to draw every line in that hair, every wrinkle in that face, every window in that building? STOP! Make the minimum number of lines to get the idea then move forward.
- **Work Cheap!** Use printer paper or something equally cheap and disposable. Seriously – not because you can't afford it, but because you don't need to spend brainpower worried you'll smear your \$5-per-sheet Bristol Board.
- **Work Smart!** Make a plan of how you'll use your time during the day, and then, every few hours, take a few minutes to "check in" - to compare where you are with respect to your plan. Be willing to make changes if you're off track! We recommend check-ins at least every three hours, because if you lose six hours on the wrong path, you're done.

Remember, everyone's different. If our advice doesn't work for you, do something else! Please feel free to do things your own way - it's *your* 24-Hour Comic!



A Time for Creativity

Be your most creative while under strict deadlines.

<http://www.blitzcomics.com>

Remember, It's Better to be Done!

Instructions

1. Create a scene from the 5 random pieces on the left.
2. Draw that scene 4 times, keeping under the time limit shown.
3. Rate how happy you are with the results, from 1 - 10.

Write a random scene using some (or all) of the pieces below.

1. Write a quote you know. This will be what your character says.

SCORE at
10 Minutes



2. Pick a time of day and what the weather might be at that particular time.

SCORE at
8 Minutes



3. Describe something that you really hate and wish you didn't have to do all the time.

SCORE at
5 Minutes



4. Describe something you enjoy doing but don't get to do as much as you'd like to.

SCORE at
2 Minutes



5. Describe a location somewhere on Earth. It can be some place you've visited or would like to visit.

*Hey, a blank page.
Write a message to a friend
using a secret code language.*

Traveling alone. I thought it was better, I thought... but I did some things, they went wrong...I need...— **The Doctor**

It's your choice on how you tackle 24 Hour Comic Day. You can do it at home alone, you can make a party of it with friends, or you can go to a 24HCD venue and share the ambitions (and distractions) of a roomful of other artists all tackling the same challenge.

We've tried 24HCD all three different ways, and each one has something to recommend it.

- **Working alone** is perfect for solitary people who are very disciplined but easily distracted by other people.
- **A 24HCD party** can be fun, and you can feed off each others' energy – but it's hard on the host, and it can be difficult to find space for everyone's workstation.
- **Attending a venue** has the most creative energy, and the hosting details are taken care of for you. But other artists can be annoying as well as inspiring.

For us, the creative energy of a venue is empowering – but it can backfire if you let yourself get sucked into too many conversations. Working at home is quieter, but you need more discipline. For each type of event, there are different strategies that you need for success.

Keep in mind that 24HCD is actually a very social event.

It's a group of strangers coming together, acting quirky, at 3AM over some cold pizza and sticky donuts; bleary with sleep and loopy on pencil lead fumes...

What's not to like?

Tips for Success at Home

When working at home, you have the advantage of using your own workstation, kitchen, and bathroom – and the disadvantage of being right next to your own television, game console, or bed. You need to be disciplined to succeed at home – only you know whether you can.

If you try to do this at home alone, take these tips with you.

- **Prepare in Advance.** 24HCD begins at least 24 hours before the event itself, and that's as true at home as it is if you're going to a venue. Make sure you have all your materials, supplies, food and beverages, etc., ready before the event itself.
- **Get a Good Night's Sleep.** If you were going on an all-day drive, you wouldn't sleep only 4 hours before getting behind the wheel, would you? Be as good to yourself before this event at home as you would be if you were traveling.

Your home is likely the most comfortable place you can imagine. Be careful because this can make staying disciplined even harder.

What can you do to make your experience at home more 'professional'? Write some ideas here.

Distractions come in all shapes, sizes, ages, and genders.

What might be distracting to you if participate in 24HCD at home?

Write them here and avoid them!

- **Start on Time.** Since you are by yourself, you may be tempted to just start whenever. Don't. Choose a time that enables you to be finished in time for your next event – a nap, a celebratory breakfast, work, whatever – and stick to it. You need the discipline.
- **Minimize Distractions.** Unless you normally work with the TV on, turn it off. Turn off the Internet, if you can stand it. Negotiate with your S.O. or roommate to take phone calls for you. There are more interesting things in your home than anywhere else, so be careful.
- **Don't sleep in your own bed!** You will get exhausted, but lying down in your own bed when you're tired at 3AM isn't "taking a nap" – it's *falling asleep*. If you must nap, set up a recliner or, if you must, a sofa, but make sure you have a *great* alarm clock.

Tips for Success in Groups

Consider using 'campground etiquette', so everyone can interact but still have their own space.

*For more information:
www.wikihow.com/Follow-Campground-Etiquette*

Ok, so you've decided to join a friend who's tackling 24 Hour Comic Day at their house. It may not be obvious, but this is much more like going on a weekend camping trip than it is like going over to a friend's house for beers.

- **Be prepared.** Make sure you bring all the things you need. Only you know what you need at your art workstation, what foods you can tolerate, what medicines you have to have. Don't rely on your host for everything – make sure you've taken care of yourself.
- **Show up early.** Fashionably late isn't fashionable: it's being a jerk to your host and to all the other friends who are trying to get set up for the event. If you're chronically late, the secret is not to try to be on time, but to schedule your arrival for 45 minutes early.
- **Be a good guest.** Remember, your host is trying to do 24 Hour Comic Day too! Set up your workstation, knuckle down and focus, and if you feel the need to socialize, make sure you're not distracting your friends from their comics.

Tips for Success as Host

So you've decided to take things into your own hands and host a 24HCD?

Good for you! You are awesome!

All well and good, but what if you're the friend who's hosting the space? You have even more to do. Perhaps you'll be working at your own workstation, but you don't want to lose time getting food or drinks (or aspirin or Pepto-Bismol or pens or paper) at 2AM.

- **Clear space in advance.** You can't set up work environments for your friends, but you can look at your place and decide how to best use the space for the number of guests you expect. Provide not just workstations, but a socializing area and space for naps.
- **Be ready on time.** Make sure you've got everything you need *before* guests arrive. We mentioned food and drink, pens and paper and medicines above, but think of power strips, chairs, toiletries. If you plan to clean beforehand, be done before they arrive!
- **Be a good host.** You may be attempting 24 Hour Comic Day too, but you're also responsible for the health and comfort of your guests. Check in regularly. Solve problems. Remind socializers to stay on track. Call in late-night pizza or donuts!
- **Think ahead!** More suggestions for things to have on hand include drinks, snacks, paper plates and paper towels, plenty of toilet paper, aspirin or ibuprofen, antacids, and some extra pens and paper – just in case.

Make sure you respect the 'quiet hours'. The hours that fall between 3AM and 7AM

Tips for Success at Venues

Attending an actual venue has an energy and excitement you just can't get at home. You're surrounded by fellow artists working on the same problem, all ready to provide inspiration and encouragement. If it can be in a comic shop, even better! The walls around you will be filled with images that can spark your imagination.

The good news about doing 24 Hour Comic Day at a 24HCD venue is that you get lots of help and encouragement for success! The bad news is that venues have issues too. You have to bring your own materials and set up your workstation. The venue staff sometimes leave the artists alone late at night, and venues aren't conveniently located to late night food sources – leading to trouble if you have a bout of 3AM munchies ... or nausea.

And be aware – it can get crazy! For example, at one 24 Hour Comic Day, Nathan and Anthony sat next to an artist creating an interesting experimental comic – a non-narrative comic consisting entirely of black and white abstract art. Around hour nine or so, our fellow artist began expounding on their theories about comics, art, and gender. Anthony unwisely took the bait and got sucked into a long conversation, while Nathan at first quietly listened, then tuned it out, trying to focus.

In life you gotta take the bad with the good.

Do you have a great (or terrible) story to tell about your experience with 24HCD?

Who knows, maybe your story will inspire (or warn) someone else. We are all storytellers at heart.

*Send us your stories.
contact@blitzcomics.com*

Attending 24HCD events can be a life-changing experience.

Mission Comics in San Francisco, CA., the venue Nathan and Anthony have attended the past few years, is always an adventure.

It's filled with books and artists. We see some of the same faces every year. Some years, pizza shows up at 11PM; most years, partiers begin walking by at 2 in the morning, shocked to see a comic shop still open.

We've had interviewers and photographers and bloggers. Many people have quit early, and many people have stuck through to the end.

And ... many people successfully complete 24 Hour Comic Day.

You can too!

Ready? Let's get started.

Eventually we got back to work, but about six hours later, a hanger-on at the event joined us and began expounding on their own theories about comics, art, and gender. Now our fellow artist unwisely took the bait and got sucked into a long conversation, while we quietly listened, then tried to focus. Unfortunately for our friend, the hanger-on was very drunk, and eventually began having a belligerent conversation with themselves into the ear of our fellow artist, who, like us, was hunched down, quietly focusing on their page, desperately trying to focus while the other two of us silently empathized.

So it's important to stay focused! Venues are amazing, but they're like any other environment: you must be aware of the potential pitfalls so you can take advantage of the venue, rather than letting the venue take advantage of you.

- **Reserve early.** Venues often have limited seating, and if the venue has an overflow space, it usually isn't as nice. So if you want to attend a particular 24HCD venue, make sure you put your name in the hat early.
- **Show up early.** Venues often have limited seating – and not every seat is equal. Some seats are better than others, and everyone has their own preferences. The last thing you want is to show up late and get a space you don't like!
- **Be prepared.** It's even more important to make sure you have all the things you need if you are at a venue, which are not generally homes and may lack some amenities like toiletries (even if they have a toilet, and if your venue doesn't ... good grief, don't go).
- **Don't be a jerk.** From time to time at 24HCD events, at least one person is inordinately loud, inordinately chatty, hogs the table or power strips, spills their drink on someone else's workstation, and so on. Don't be that gal or guy.
- **Don't let jerks get to you.** That jerk is hopefully just a fellow artist; don't engage their shenanigans, but instead give them their space while you work on your comic your way. If the person is a hanger-on, ask the organizer to deal with them.
- **Bring earplugs or a music source.** Earplugs can shut noise out, but they won't help if someone can't see them and comes up to talk to you anyway. Even if you leave the music off, headphones can help create a social barrier for those times you need focus.
- **Don't be chatty!** If you're working in a venue, sure, be sociable or field the occasional question ... but then buckle down again, fast! You really can talk pages away – trust us! **If you want to succeed at 24HCD, you've got to make comics!**
- **Find your inspiration!** It can be a stuffed toy, a book of art – or someone else in the room who inspires you. **If you're gonna chat with someone, choose to talk to your inspiration.** (Beware: other artists might steal this idea and talk to you).

Put a checkmark in the box where you'll be participating in the event. Next bubble in at least 4 positive things you'll promise yourself to do, so you have a great experience. Now take your positive choices and write each of them on the Award Ribbon, anywhere you want. Now you can award yourself for sticking to these promises!

☐ JUST YOU AT HOME

- ☐ I'll avoid laying in my bed.
- ☐ Find a quiet space to set up.
- ☐ Start at the time everyone starts.
- ☐ Avoid having the TV turned on.
- ☐ I will inform my roommates.
- ☐ Avoid leaving except for food runs.
- ☐
- ☐

☐ A SMALL GROUP

- ☐ Avoid being distracting to others.
- ☐ Use only the space I need.
- ☐ My music will be only for me.
- ☐ Share the cost of the food I eat.
- ☐ Thank my host for hosting.
- ☐

☐ LARGE HOST VENUE

- ☐ Reserve my spot early.
- ☐ Show up early to set up my space.
- ☐ I'll only use the space I need.
- ☐ Talk to other participants and smile.
- ☐ Share the community food.
- ☐ My music will be only for me.
- ☐
- ☐

Don't forget to
thank your host!

If that was you,
thank yourself and
go do something
you really enjoy!



Write the Host Venue Address Here

Write Your Host's Name Here

*Hey, a blank page.
Create a letter for you future self to read.*