

Prepping Your Brain

Time to Complete:	5 minutes
Mission:	You will appreciate the important role that your brain plays in being creative and why it needs to be prepared for the challenges of the event.
Outcome:	You will be aware of certain areas of your brain that influence your creativity. You will gain access to these areas. You'll receive a Brain Readiness Score that is indirectly tied to how deeply you accessed that portion of your brain.
Potential Difficulty:	You might not see how certain questions and tasks can actually access your brain but if you're thinking about it, your brain is already involved. You also might add complexity to the questions and not be able to give a simple answer. You might worry if your answer is the truth but don't worry about it, because only you know what's true.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Start in any one of the four parts of the brain.2. Answer the questions or do the tasks that are given to you.3. Score your answer based on the scale that each question asks you to use. Some scales are 1 – 10 while others are simple number counts.4. When you complete all the questions in that area, shade in the check mark.5. After you complete all 4 areas and have scores for each answer, add up the scores and put your Brain Readiness Score in the center box. Higher is better.6. Shade in the bubble next to one of the 4 reasons why you want to complete the kit/guide.
Ways to Avoid Failure:	Don't over complicate your answer. The first thing you think is probably the best answer. If you really need to think about it, avoid taking more than 30 seconds. After that you're missing the point.

Prepping Your Body

Time to Complete:	5 minutes
Mission:	Your body will be rested, energetic, healthy, and well taken care of because this exercise asks you to do certain tasks that strengthen body areas. To pack items you may not even know you needed.
Outcome:	You will avoid causing your body unnecessary pain. You'll consider areas of your body that usually go unnoticed until they start hurting. You'll pack supplies and medicines that you might typically overlook.
Potential Difficulty:	You might think that a particular item isn't really that important. You might forget something that really is important. You might decide to leave something out that you end up really needing.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Each bubble you fill in is worth 2 points.2. Draw a star next to the first bubble you fill in because this might be your weakest area. If it isn't, draw a star next to your weakest area.3. Strengthen your weakest area by doubling up.4. Add any items you can think of that aren't on this list.5. After you've filled in all the bubbles, add up your points.6. Write in your overall score in the box.7. Try and get a score that's higher than 20.8. Go pack the items on your list as soon as possible!
Ways to Avoid Failure:	Think more than twice if you're about to decide not to bring something. Imagine a worst case scenario and how something you pack would help you avoid it. Make sure the items you put into your body are compatible with your chemistry. Always have a little extra of the really important items.

Prepping Your Tools

Time to Complete:	5 – 8 minutes
Mission:	You will know exactly which tools and utilities you'll need to bring with you in order to stay creative and keep going until you finish. You'll have a good idea how you might set up your work area at the venue.
Outcome:	You'll have less worry and stress that you might have forgotten something important. You'll think about your work area and how much space you'll need so you can get started faster.
Potential Difficulty:	Maybe you can't decide if some tool will actually be necessary. You might worry that you don't have enough space in your bag to pack everything. You might worry that your tools aren't good enough and you should get better tools. You might feel like you can't draw the items on the table when you start setting up your workstation. That's ok, because the real point is to go pack the stuff on your list.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Read over the entire list of items that we already have listed.2. Write in and add any items that you can think of that we didn't include.3. Fill in the bubble next to the items that you will use.4. Draw each item, tool, and/or resource on, over, and/or around the table image.5. Try and set up your workstation using all the items on your list.6. Now go pack all the items on your list right now!
Ways to Avoid Failure:	Don't skip this exercise because you think you already have everything. Double check and add any items that we forgot to include. Make sure you have the right clothing, as it can get cold late at night and hot during the day. Bring sandals so you can take off your shoes but still walk around wearing decent protection for your feet.

Time Traps and The Four Ways To Escape

Time to Complete:	10 minutes
Mission:	You will recognize when some hard decisions about what you can actually accomplish in a single hour need to be made.
Outcome:	You will understand the 4 choices available to help get you out of an impending time trap. You'll know when a task is about to trap you. You'll be able to complete more useful tasks during the whole hour.
Potential Difficulty:	When you decide what tasks you like doing and which tasks you try to avoid you might not write them all down. You might get stuck trying to decide which order the tasks should be listed but you don't have to get it right the first time. You can tweak the order as you go.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Take out a blank sheet of paper.2. On the blank sheet of paper, write down the tasks you would love to avoid, if you could.3. Now write down the tasks you enjoy doing.4. Transfer both lists to the Time Trap exercise cylinder.5. Make sure you write in the tasks you want to avoid at the top.6. Set a timer for 20 minutes and start the timer.7. When the first 20 minutes are up, check how many of the avoidance tasks you completed.8. Restart the timer with 20 more minutes.9. When that 20 minutes is up, start making hard decisions and cutting out tasks that are taking too long. DELEGATE or DELAY.10. Restart the 20 minutes and once it ends, drop any tasks you couldn't complete and start over at the top of a new hour container.
Ways to Avoid Failure:	Make sure you list first the tasks you want to avoid. Once you have all those listed you can add the tasks you enjoy doing. Don't let your tasks run wild and keep each on a very short leash. Be ruthless when you make your decision on a particular task. You can always come back to it next hour. Be aggressive because you can't stop time!

A Time and Frame for Creativity

Time to Complete:	25 minutes
Mission:	You will have a better feel for what your strengths and weaknesses are when you are creating something, while under strict time constraints.
Outcome:	You'll have a good sense of how long it might take you to create a scene that you're happy with. You'll understand how a shorter time frame forces you to focus on different details of an image. You'll get some good practice creating something under a strict deadline.
Potential Difficulty:	You might run out of time. You might feel too constricted by the deadline. You might not be happy with the outcome at certain lengths of time. Just remember that your creations aren't supposed to be perfect.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. You're going to draw one scene four times.2. In sections 1 through 5, fill in the answers. These are the pieces of your scene.3. Start the 10 minute timer.4. In the first box, combine the pieces of your scene into a single image.5. When the timer goes off, stop drawing. Reset the timer to the next deadline of 8 minutes.6. Start the timer and draw the same scene in the next box.7. Repeat these steps for the final two boxes.8. Put a star next to the box where you had the best results and also met the deadline.9. This is a good time frame to start in when you're thinking about how long you should spend per panel.
Ways to Avoid Failure:	Don't skip this exercise. Skipping this exercise is not a good idea because once you complete it you'll feel encouraged. You'll have an idea of your potentially best creative time frame. When you only have an hour to finish every minute counts.

Thriving in Strange Surroundings

Time to Complete:	8 minutes
Mission:	You will have a better idea what to expect from yourself and at the different venues, and specifically at the venue you have chosen.
Outcome:	You will have set boundaries and expectations for your chosen venue. You will make a promise to yourself that you'll respect and appreciate the venue where you'll experience this event.
Potential Difficulty:	You might feel like this exercise is ridiculous and that the results will be impractical. You might expect that your past experiences will predict your future experience and you should just do the same things you already did. Thinking that every venue is the same when actually they are all very different.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Put a check mark in the box the says the type of venue you'll be visiting.2. Write in the name or address of the host venue.3. In the column that matches the type of venue you'll be visiting, fill in the bubbles that match what you expect to do and experience.4. Add any expectations you might have and make them positive.5. Now take each of your choices and write them in their own space on the certificate pin.6. Try and fill in as many areas as possible with positive expectations and considerations you'll have.7. Promise yourself to follow what you've written down so everyone enjoys the event.
Ways to Avoid Failure:	Always consider how your expectations and actions will affect other people, both negatively and positively. Understand that other people's expectations are different than yours but you are all trying to achieve the same thing. Always remember that this is a Social Event and you want to have fun, right?

The Types of Generators

Time to Complete:	Varies. Use as a reference.
Mission:	You will have a better understanding of the type of creative generator you are and the way you use ideas to come up with something creative.
Outcome:	You'll be introduced to a new concept that describes the 3 different ways a creative mind interacts best with elements of creation. You'll know how to identify the exercises in the kit/guide that match best how you generate new ideas.
Potential Difficulty:	The concept may start off confusing because this metaphor uses particle physics as a foundation. The metaphor might seem complicated but it's not when you simply see it as describing how you gain and lose ideas while thinking creatively.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Start with this definition: “A generator changes one type of energy into a different type.”2. Recognize that you are a creative generator.3. Decide which type of generator fits you best by choosing from the list of 3 different types:<ul style="list-style-type: none">• Through the action and influence of outside ideas.• By absorbing or emitting ideas.• By fission or fusion of ideas.4. Find examples in books, movies, and culture where this concept has been used to make something creative.
Ways to Avoid Failure:	<p>Keep reading and re-reading this exercise until you understand the basic idea here. Ideas are all around you and how you interact with those ideas, and incorporate them, helps you determine what type of generator you are. When you have a creative block, apply this metaphor and try switching to a different type of generator.</p> <p>Look for examples in books and movies that might show this idea in action. You can decide which generator type you are and change it later if you want to. Have someone else read this exercise and see what they think about it.</p>

The Story Web

Time to Complete: 5 minutes

Mission: You will mix, match, and connect the different story parts and interpret how the type of connections influence the structure of your story and give it a shape.

Outcome: You will draw a random web of lines that criss cross and intersect, connecting the story pieces that interest you. Where the lines cross and the concentration of lines signal where most of your story weight will be focused.

Potential Difficulty: Not allowing your lines to go anywhere and go through any area of the page. You should make sure your lines touch and cross because this will give you an idea of how the different pieces influence each other. You might have a hard time interpreting and understanding the way your lines cross and how that can influence the shape of your story.

Steps to Complete the Exercise:

1. Fill in a **star** next to the story part that seems interesting to you.
2. Write the number 1 next to that star, then **draw a curvy line** from that star to a new star. Write the next number in sequence next to that connecting star, then fill it in.
3. Repeat until you have **connected the story parts** you are interested in.
4. You can **go through other words**, if you like.
5. Try NOT to connect more than 6 different stars together.
6. Look at how your lines connect, cross, and group together **to get an idea of the structure underneath your story**.

Ways to Avoid Failure: If your lines mostly go through the top of the page, look to that area as the more important pieces of your story. If many lines cross a particular line then there is something important that happens when those pieces come into the story. If more lines appear closer to one particular story piece, you might lean the story in that direction.

Avoid being too critical. Try to make sense of your web of lines.

Plot Line

Time to Complete:	10 minutes
Mission:	To take you through the individual events that happen in a particular scene or portion of your story.
Outcome:	You will have a solid understanding of the basic thread of events that happen in a plot.
Potential Difficulty:	It might be hard to start from scratch. It's ok to use an existing story, situation, character, or setting to complete the exercise.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Before you start, pick a random plot box and, right next to the heading text, write in the word 'twist'. This is the point where you will introduce a twist to the plot line, which will help make things more interesting and original. You can have the twist happen in any of the 6 main boxes.2. Now, in the Who box, describe a character who has a particular trait (or traits).3. In the Wants box, describe what the character wants to accomplish. This is not necessarily the ultimate goal of the whole story but just the goal of this particular plot line.4. In the But box, describe the problem, obstacle, or shortcoming that prevents the character from achieving the goal.5. In the And box, increase the tension and conflict by adding a secondary obstacle that may or may not be associated with the first obstacle.6. In the Action box, describe what the character does to achieve their desired outcome. This is the conscious choice the character makes to get something they want.7. In the Outcome box, describe how the action the character takes achieves all or some part of their initial desires. This does not have to be the stories ultimate goal.
Ways to Avoid Failure:	You might get stuck if you think too literally about a particular word and feel like you must stick strictly to one definition. It's ok to just go with your intuition and interpret what something might mean. It's your own interpretation of an idea that can inspire new, creative results.

Thumbnail Windows #1

Time to Complete:	20 minutes
Mission:	To doodle out a 24 page visual book without worrying about how the book will be bound or if the pages appear in the proper sequence.
Outcome:	You should have very simple, sketchy images in each rectangle. Together they will tell the story, or communicate the idea you want, in a rough draft format.
Potential Difficulty:	You may get stuck on a particular rectangle and feel like you don't have an idea to put in there. Just skip over it and keep going because you might return to it later with a great idea. Also, you might feel obligated to do very detailed images but this might be hard to do in such a small area. Just doodle and sketch in the lines.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Draw some really simple images in the rectangles that shows your characters, settings, actions, and voices.2. Go to the next rectangle and draw the next image inside it.3. Skip any rectangles that you get stuck on and come back to them later.
Ways to Avoid Failure:	Give yourself permission to leave some areas incomplete. This exercise is just to give you a place to jot down a simplified overview of your entire book. Avoid being too detailed and too strict with the pacing, it's just a draft.

The Page is Your Window

Time to Complete:	10 minutes
Mission:	You'll have the chance to create storyboards without having to figure out the specific page layout first. You'll have an archive of completed panels that you can reference later and rearrange into any order.
Outcome:	You'll have an archive of the panels you intend to include in your story. You'll have an area for adding notes that supplement and connect to each specific panel. Your panels will be separated so you can cut them out and arrange them in any order.
Potential Difficulty:	You might feel held back by the level of skill you currently have for creating panels. You might not have an idea of what to put into the box. You might not be happy with your results but this is ok, because these are just drafts.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Make as many copies of the exercise as you need to complete all of your pages.2. Depending on how you come up with your ideas, decide if you'll start by writing in notes or by drawing the pictures.3. Write your notes and describe the connected panel at a level that isn't possible with just an image.4. Draw your image in the panel.5. Decide if you will cut out the panels so its easier to rearrange the individual panels into the shape of your story.6. Keep the completed exercises together and use it as a reference.
Ways to Avoid Failure:	Give yourself permission to create a draft that doesn't have to be perfect. Accept that these images in the panels don't have to be that detailed. Practice drawing every chance you get during the day. Understand that this is just a rough draft and we are simply attempting to help you organize your ideas.

Different Panel Choices #1

Time to Complete:	Varies. Use as a reference.
Mission:	You'll have a cheat sheet that shows you the different ways a group of panels might fit on a page.
Outcome:	You'll be able to mix and match the different panels into the limited space you have on a page. You will be more confident when trying to decide on how your panels should group together.
Potential Difficulty:	You might have a hard time visualizing how the panels might be grouped inside the individual rows and columns. You might have a hard time stacking your panels in a way that helps the reader easily flow across the page.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Pull out the reference sheet.2. Put it next to the page you are currently working on.3. Decide what you are trying to say or do in the scene.4. Break up the page into panel sections that you think are interesting by lightly sketching on your page.5. Feel free to make your own choices and group things in any way you like.6. Keep referencing this sheet until you can see the panels in your brain.
Ways to Avoid Failure:	Don't forget that you have this reference sheet. Refer to the sheet often, or until you feel confident that you're getting the results you want. Make it a point to try new ways to group the panels because you might discover something unexpected that you really enjoy. Feel free to make your own choices.

Different Panel Choices #2

Time to Complete:	Varies. Use as a reference.
Mission:	You'll have a cheat sheet that shows you the different ways to establish the look and feel of your scenes so you can clearly tell your story.
Outcome:	You'll learn how to use panels like the viewport of a camera lens. You'll know how to 'shoot' your scene so you can achieve a movie like experience. You'll know the cinematic choices available to you that help your scenes be more dramatic, tension filled, action packed, and/or engaging.
Potential Difficulty:	You might feel overwhelmed by all the choices available to you. You might have a hard time deciding what's the best lens to use in a particular panel. You might have difficulty drawing your version of our examples but that's ok, because this is just practice.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Decide which feeling or experience you want your reader to have when reading that particular panel.2. Choose the panel example that is similar to what you have in mind.3. Study why the example achieves the effect that its going for.4. Create your interpretation of the example, by using your own characters, settings, and/or needs.5. Give yourself permission to recreate the example in your own way and don't try to make your panel exactly the same as the example.6. Reference the sheet often.
Ways to Avoid Failure:	Remember that you have this sheet as a reference. Pull it out often and lay it next to the page you're working on for easier reference. Practice recreating the panels with your own characters, settings, and story needs.

Visualizing Basic Shapes #1

Time to Complete:	3 minutes.
Mission:	You'll realize that you have a 'picture dictionary' in your brain that can make it difficult to draw what you see. You'll learn how to use this tool to train your hand to draw what you see.
Outcome:	You'll have a tool that you can carry with you and can use in real time. You'll have a simple 'grid system' that will help you see that objects take up space and how they have an underlying shape that you can see. You'll learn how to notice the contours and borders of a shape without all the surface details.
Potential Difficulty:	You might feel compelled to keep adding more details because the object doesn't look like the the picture you have in your head. You might include unneeded details, like shadows and imperfections on the shape, which makes it more complicated. You might not give yourself permission to make mistakes.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Cut out the flaps by following the dotted lines.2. Do NOT cut on the solid lines.3. These are your window flaps.4. Hold up the sheet against the object you're interested in.5. Open 1, 2, 3 or 4 of the flaps and look through the openings.6. Don't focus on the surface details. Try to see the shape of the object.7. Remember that you are actually seeing the object and it probably doesn't match your picture dictionary.8. Draw what you see.9. Open and close the flaps in any order to have different views of the object.
Ways to Avoid Failure:	Use this portable grid system to see the basic shapes under real life objects. Since this is just a piece of paper you can carry with you, practice using it whenever you have a chance. You can use it on photographs, models, and your own drawings to check if you've got the shape you need.