

8 DAY INSPIRATION CHALLENGE



The Essential 8 Day Challenge for Entertainers.
Start Today to free up your Creativity,
Be Inspired and Get Motivated!

START A MAGPIE JOURNAL

Grab a Notebook or create a document on your phone.
Write down things you've heard on the radio, things
people have been talking about.
Write down your own ideas and thoughts and doodle
or take photos.

**DAY
1**

**DAY
2**

BOOK AN IDEAS SWAP

Get your diary out and arrange a time with your
friends, band mates, fellow performers, or even family
members to sit and talk. Chat about what they've
been doing, what they've seen that's new, what they
think about your act at the moment and what
suggestions they have.

BE BORED

Find time to sit and do...well, nothing. No phone, no
screens, no lists, just quiet. Long walks, soaking in the
bath or just sitting thinking and dreaming. A still mind is
the most fertile ground for growing new ideas.

**DAY
3**

**DAY
4**

BRAINSTORM

Set aside an hour today to brainstorm – be like the
professionals in marketing agencies who have to
come up with ideas every day. You can create a Mind
Map, or write all your ideas on post-it notes or even
create a full Mood Board.

REMEMBER TO LAUGH

If things have been tough lately, or you've been feeling really
frustrated with it all, take a few minutes to really see the
funny side of the whole situation and start to remember what
it's like not to take things so seriously. Bringing back that
lighter, sunny feeling can really open you up to being more
creative.

**DAY
5**

**DAY
6**

TRUST YOUR INSTINCTS

We very often know the answers to our own questions and
we always have that new creative twist inside.
Take 10 minutes to really think about what your gut
instinct may already be telling you. What have you been
dreaming about? What things are you noticing most at the
moment? What do you feel when you think about your act,
or the direction your taking?

THINK ABOUT WHAT YOU'VE DONE WRONG!

We learn the most from our mistakes, so take a look at
what hasn't worked and why. You'll be surprised at how
much you've learned and may find some really good ideas
come from thinking about what doesn't work.

**DAY
7**

**DAY
8**

TRY A DIFFERENT PERSPECTIVE

You can start changing perspective by asking yourself a
series of questions and just accepting the first answer that
comes to you. Ask - What if? What if I changed my style?
What if I tried marketing differently? What if I tried calling 5
people today? Ask - Who would I be? Who would I be if I tried
this? If I said yes, if I believed I could do it?