

Creativity Contract

I, _____, understand that I am undertaking an intensive, guided encounter with my own creativity. I commit myself to the twelve-week duration of the course. I, _____, commit to weekly reading, daily morning pages, a weekly artist date, and the fulfillment of each week's tasks.

I, _____, further understand that this course will raise issues and emotions for me to deal with. I, _____, commit myself to excellent self-care — s adequate sleep, diet, exercise and pampering — for the duration of the course.

Signature

Date