

What do the 5 Acts of Shiva mean in your creative process?
Journal & Brainstorm below:



Namah Shivaya Slim Pashu Hum Phat

What is/are your over-arching Goal/s?

What are your smaller Goals?

What are your To-Dos? List below – as many as possible! Big and Small.

Mark your urgent and immediate to-dos with a color or a distinctive mark.



How will you sustain your creative process? Meditation?
Mantra? Mudra? Asana?
Community Support or a Work Partner?

Om Namah Shivaya