

THIS IS YOUR LIFE



www.forge-forward.org

a few ideas for
your artist life calendar

Sign up for a class: poetry reading, pottery, bird watching, nature hike, knitting, graphic design course, glassblowing, etc	attend a festival	learn something musical		
		sign up for a community garden bed		
buy myself flowers	make a paper airplane	Sign up for a Groupon art event	MAKE DINNER WITH A FRIEND	
Paint a mural outside someone's building (with permission)		go to volunteermatch.com and sign up for a volunteer event	GET A FUN MANICURE	
	Go to a concert or play one of my own	read two chapters of a book	DANCE	
journal before bedtime	Add color to my outfit	create a collage	GO TO THE MUSEUM	