

# taosdawn's daily practices

for cultivating calm, clarity, curiosity & creativity  
from artist dawn chandler

Strive to make time each day to.....

Rise early  
~ before the sun.

Embrace quiet  
~ for the first — and last — few moments of day.

Savor  
~ the ritual of making tea.

Move  
~ your body gently and slowly for several long minutes.

Breathe  
~ comfortably in stillness, focusing on your breath.

Write  
~ with pen & paper ~ in your journal or a letter, or a thank you note.

Read  
~ words on a printed page ~ uplifting, inspiring, thought-provoking, motivating words.

Walk  
~ or run ~ or hike ~ or dance ~ or swim ~ or jump ~ or bike ~ or ~ or ~ or anything.

Look  
~ around, with wonder.

Notice  
~ the myriad "tiny beautiful things."\*\*

Nourish  
~ "eat real food, not too much, mostly plants."\*\*

Be. Outside.  
~ fill your lungs with fresh air.

Express  
~ your innate creativity ~ even if for just a moment ~ paint ~ draw ~ doodle ~ collage ~ write ~  
whittle ~ knit ~ color ~ bake ~ sew ~ weave ~ forge ~ bead ~ ~ ~ anything ~ anything ~ anything

"Anything in our world now  
that slows us down  
is to be valued,  
and maybe as a gift  
and even a calling  
from God."

~ Ellen Davis  
quoted in  
Becoming Wise,  
by Krista Tippett

\*\*Thank you Cheryl Strayed  
\*\*Thank you Michael Pollan.

dawn chandler ~ taosdawn.com



## A Few More Tips for Cultivating Calm, Clarity, Curiosity & Creativity Day to Day

Put away your phone

- ~ when you need to focus.
- ~ in the company of friends & family.
- ~ an hour or two before bedtime.

Stop texting

- ~ so much; choose more thoughtful, generous ways of listening, connecting, communicating.

Scale back

- ~ time spent consuming news.

Remove social media

- ~ apps from your phone; load them only when you have something positive to contribute.

Prioritize & honor sleep

- ~ make your bedroom the sanctuary that it is; remove all screens.

When it comes to creativity....

Make space for art

- ~ you can make a lot of art in a space no larger than a place-setting.

Just begin

- ~ the hardest part of making art (or any endeavor) is getting started.
- Just do it.

Make a mess

- ~ for the messes often lead to masterpieces.

## A Few of My Favorite Inspiring & Motivating Reads

[A New Earth: Awakening to Your Life's Purpose](#) by Eckhart Tolle

[Art & Fear: Observations on the Perils \(and Rewards\) of Art-Making](#) by David Bayles and Ted Orland

[The Artist's Way: A Spiritual Path to Higher Creativity](#)  
by Julia Cameron

[Becoming Wise: An Inquiry into the Mystery & Art of Living](#)  
by Krista Tippett

[The Book of Joy: Lasting Happiness in a Changing World](#)  
by Dalai Lama, Desmond Tutu & Douglas Carlton Abrams

[The Crossroads of Should & Must: Find & Follow Your Passion](#)  
by Elle Luna

[Essentialism: The Disciplined Pursuit of Less](#) by Greg McKeown

[Just Sit: A Meditation Guidebook For People Who Know They Should But Don't](#) by Sukey & Elizabeth Novogratz

[Living Color](#) by Natalie Goldberg

[The Long Road Turns to Joy: A Guide to Walking Meditation](#)  
by Thich Nhat Hanh

[Manage Your Day-to-Day: Build Your Routine, Find Your Focus & Sharpen Your Creative Mind](#) edited by Jocelyn K. Glei

[The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results](#) by Gary Keller & Jay Papasan

[Things Are What You Make of Them: Life Advice for Creatives](#)  
by Adam J. Kurtz

POETRY

by Rumi, Mary Oliver & countless others....

## When Plugged In... A Few of My Favorite...

### PODCASTS

[Akimbo](#)

[ArtCurious](#)

[How I Built This](#)

[On Being](#)

[The One You Feed](#)

[The Rich Roll Podcast](#)

[The Savvy Painter Podcast](#)

[Tara Brach](#)

[The Tim Ferris Podcast](#)

### APPS:

[Down Dog](#)  
yoga

[Freedom](#)  
blocks distracting websites

[Insight Timer](#)  
meditation

[Feedly](#)  
library for blogs

### BLOGS:

[Brain Pickings](#)

[Seth Godin](#)

[Colossal](#)

## A Few of My Favorite Day Enhancers

[ArtfulTea](#)  
~ favorite tea ~  
[artfultea.com](http://artfultea.com)

[Bee Paper Company](#)  
~ favorite sketchbook ~  
Super Deluxe Mixed Media  
6 x 9 sketchbook  
[bit.ly/DECBeePaperSketchbook](http://bit.ly/DECBeePaperSketchbook)

[The Goulet Pen Company](#)  
~ favorite letter-writing pens ~  
[gouletpens.com/](http://gouletpens.com/)

[Self Journal](#)  
~ favorite daytimer/planner ~  
[bestself.co/products/self-journal](http://bestself.co/products/self-journal)

[UniBall Vision Elite](#)  
~ favorite sketching pen ~  
[uniball-na.com/products](http://uniball-na.com/products)

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