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creative practice
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you the reasons
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especially for
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like how Jocelyn
K. Gleib inserts
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**Make sure you
get a sense of
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likes to prioritize
duties and**

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**structure his
day. If you ever
have a question
about which
obligation is
more important,
just ask.**

**Eventually, you'll
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shorthand for
working with
each other that
will keep both of
you on schedule.**

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Ritual. At the
age of 94, he still
spends the first**

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two hours of his
day exercising.

Ninety minutes
lifting weights
and 30 minutes
swimming or
walking. Every
morning. He
needs to do so to
achieve his
goals: on his
95th birthday he
plans to swim
from the coast of

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California to
Santa Catalina
Island,...

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to-Day will show
you how to: Stop
letting other
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messages!)
dictate your
daily to-do list.
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constant
interruption and
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sacred space for
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zone". Conquer
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overload and
break your
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valuable things
to say about
topics such as
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routine to
nourish creative
production while
finding focus
amid distraction.
Artists are
encouraged to
think about the
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Find Focus And
down by Marshal
McLuhan
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the night before.
Before going to
sleep, make sure
that you're going
to start your day
with a purpose.**

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**Whip up a
journal or a
planner and put
your action plans
for the next day
in there.**

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you the reasons
behind why you
should make the
changes you
know you need
to make.**

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**Now, look at
your own day
and figure out
how you can
break it into
chunks...and
determine what
you need to do
to spend your
time doing what
you want to do
(as much as
possible). Theme
your week Jack**

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founder of both
Twitter and
Square, used to
manage both of
these companies
at the same time
without getting
overwhelmed.**

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this challenging
new landscape,
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four key skill
sets you must
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tame you),
finding focus in a
distracted world,
and sharpening
your creative
mind.**

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and practical tips
for creatives
working in any
field. And as
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the book itself is
beautifully
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