



ETERNAL RETURN TO
**CREATIVE
EVERY DAY**



MAKE
LEARN
PLAY

(YOUR NAME HERE)

**IS CREATIVE
EVERY DAY.**

Mission Statement

Why be creative every day? To be human is to create. Creativity is not an inner genius to be unlocked or discovered; it is an intrinsic part of us.

Creativity is not restricted to any one form or medium. Let the world be your canvas to express your emotions, interests, and curiosities. Let us return to a creative *eudaimonia* – a flourishing of the human spirit through wondering and creating.

WHAT ARE WE AFRAID OF?

What stops us from being creative? Often we tell ourselves, “Oh, I am not a very creative person,” or “I am not that good anyway.” But these self-criticisms limit our creativity and stem from fear: fear of uncertainty, fear of judgment from others, fear of our own self-criticisms. Being creative exposes a part of yourself to the world, leaving you feeling vulnerable. Do not let this fear rule you.

Embrace the uncertainty and let your creativity take you through a journey of self-expression and growth. Embrace the judgment of others, humbly accept their feedback, but do not blindly follow them; integrate their suggestions into your work as you see fit. Reject the feeling that you are not good enough because YOU ARE creative and YOU ARE good enough; do not let anyone tell you otherwise.

When did people stop being creative? When did we turn into a bunch of consumers, stop producing, and become so uninspired? Here is our chance to change that. Let us shift away from consuming. Let us produce.

Make.

Learn.

Play.

HOW TO USE THIS BOOK

This book provides daily assignments, inspiration, and art fundamentals to be creative every day through photography, drawing, and writing. All forms of creative expression – photography and writing included – are art. We do not distinguish art and high Art (with a capital 'A') only designated for professionals. Instead, art is for everyone and this book encourages you to take on art as a practice. Making art is small playful experiments of creative expression and following your curiosity. You are an artist.

You do not need any fancy supplies – just something to write/draw with and something to make photos, such as a phone or camera. Write your responses and draw in a notebook or app. You already have everything you need.



**You must:
Write
Scribble
Sketch
Use this book.**

BEFORE YOU BEGIN, ANSWER THESE QUESTIONS.

1. What type of art do I enjoy? What fascinates me?

2. What is my greatest challenge to create art? What holds me back?

3. Who do I want as my audience?

4. What is my ultimate goal after reading and completing this book?

Reflection

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PHOTOGRAPH

"YOU DON'T TAKE A PHOTOGRAPH,
YOU MAKE IT." -ANSEL ADAMS





INTRODUCTION

If you own a phone with a camera, you are a photographer. You do not need an expensive camera or fancy gear. The most important thing is for you to have a curious eye, a sense of wonderment of the world, and excitement to explore.

Even children can make great photos. When I give my 2-year old niece Amelia a phone, she giggles, runs around, and shoots pictures of anything that interests her. Because she shoots from such a low angle and doesn't self-censor herself, most of her pictures are quite interesting to look at.

My mom is also one of the best photographers I know. Why? She is in her 60's and still has the innocent and curious eye of a child. She literally photographs everything she sees and experiences with a huge smile on her face. Her enthusiasm is infectious – she often photographs things I did not even notice, which makes me think to myself, "I need to stop being so dogmatic and rule-focused in my photography. I need to shoot like a free spirit like my mom."

To be a photographer means to have a passion and curiosity for life, the desire to document personal memories, to be a historian, to find meaning in life.

REFLECTION

1. Why do I take photos?

2. What do I like to photograph?

3. What inspires me?

4. What are my photography goals?





Assignment 1: How to See

What interests you in this world? For one day, take a photograph of everything that interests you. Do not think, just feel and follow your curiosity.

Afterwards, look back at your photos for that day and view them like a visual diary. Write down some of the thoughts or feelings you experience while examining your photos. What type of photos are you most drawn to?

I AM DRAWN TO. . .

(circle all that apply):

Street Photography

Portraits

Still life

Architecture

Fashion

Nature

Personal photography

Documentary

Abstract

Other, describe: _____

Notes: _____

Assignment 2:

Honor

Thy

Selfie.

'Selfies' have developed a negative reputation. Social media has cheapened the value of the selfie and associates it with vanity and superficial behavior.

However, selfies are the best photos you can shoot. You can do it whenever you want and you do not need to depend on others to help you. Taking a selfie allows you to explore your inner soul and to 'see' yourself in a new way. You can also control your self-image with a selfie.

Photography is not just a tool for making pretty photos. Photography is also a tool of self-exploration and for building your confidence. Furthermore, photographing yourself helps you be more comfortable in your own skin and understand the perspective of your subjects in your own photos.

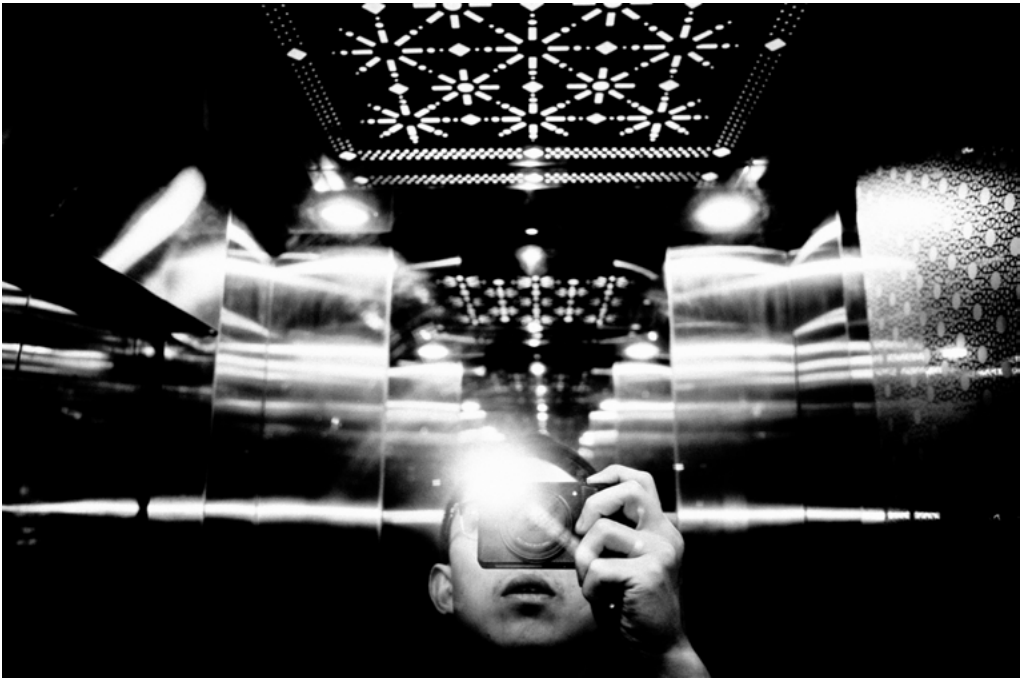




INSTRUCTIONS

1. Put your camera on a tripod, the floor, or a table and shoot selfies of yourself.
2. Photograph yourself in a mirror.
3. Photograph reflections of yourself through shadows or through puddles on the ground.





REFLECTION

What exactly about yourself, your face, or your appearance are you not comfortable with?

Discover this by photographing yourself. The more comfortable you are photographing yourself, the more comfortable you will be when photographing others.

Assignment 3: Photography Quest



If you have a hard time staying motivated and inspired to make pictures, I recommend you to try out these photography assignments, as they will push you outside of your comfort zone, force you to try a new approach, and to take action.

You can re-spark your passion for photography by making photos or trying something new.

INTERPRETIVE ASSIGNMENTS:

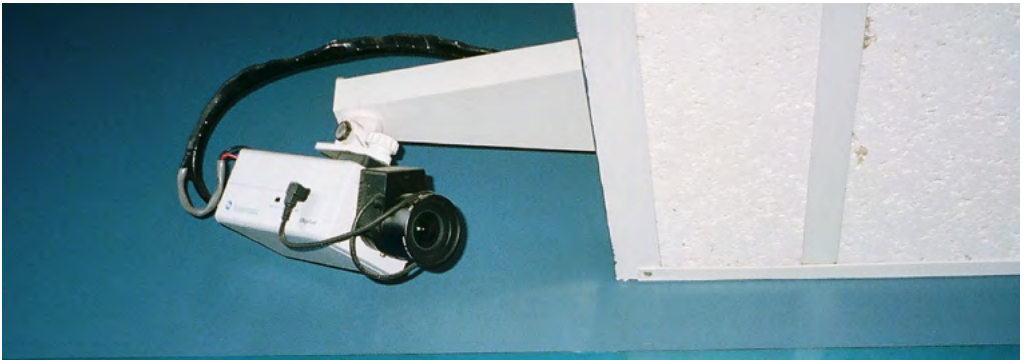
Interpret the following exercises using your creative imagination. Photograph something...

- Fleeting/temporary
- Human vs. nature
- Your perfect day
- Symbols
- Creativity

✓	SPECIFIC PHOTOGRAPHY ASSIGNMENTS:
	Shoot colors: Photograph the rainbow. For a day, only shoot high-contrast and high-saturation JPEG images. Only photograph that which is colorful.
	Shoot upwards; shoot downwards.
	Shoot textures: if you see an interesting texture, touch it, then photograph it. Perhaps the memory of the texture in your fingers and capturing the visual texture will give you a different experience.
	Shoot a portrait of someone using front-facing camera.
	Shoot only urban landscapes without people for a week.
	Shoot a photography genre (such as street photography, fashion, portraiture, nature, etc) that you do not like.
	Shoot only in one place for one hour.
	Shoot every day for one month.
	Shoot selfies every day for one week.
	Shoot only hands. Shoot only feet. Shoot a photo of someone but do not include their head/face.
	Make a photo album.
	Print and give away your photos.

“IF YOUR PICTURES AREN’T GOOD ENOUGH, YOU’RE NOT CLOSE ENOUGH.”

-ROBERT CAPA



Assignment 4: Once Upon a Time

Could you expect to tell a good story with only one chapter of a book? Of course not. Then how do you expect to tell a good story through photography with only one photo?

Good stories need a beginning, middle, and end. Good stories set the stage, have tension or conflict, and some sort of resolution.

To make photos that stir the heartstrings of your audience, tell a story through a photography project.

INSTRUCTIONS

1. Decide on a story you want to tell. It could be about a person, an event, a place, or a topic. Some example story ideas could be the following: home, a birthday, a trip, a friend/family, your work.

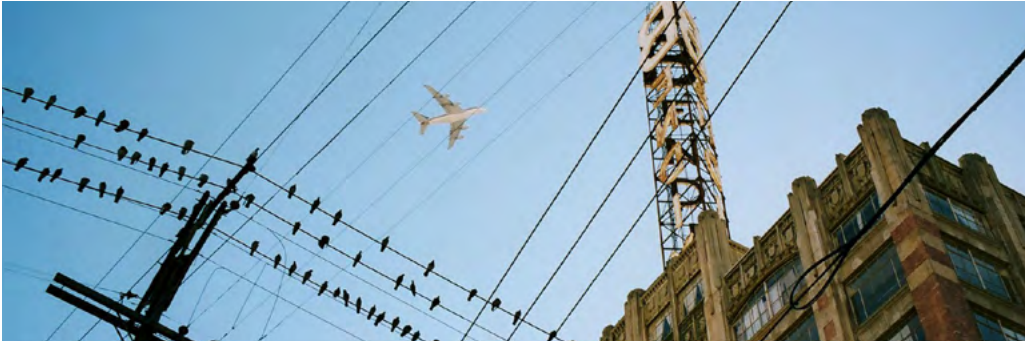
My photo project story: _____

2. Shoot at least 100 photos about this story.

3. Afterwards, choose only 5 photos to tell your story. When choosing your photos, reflect upon these questions:

- a. Do my photos tell my story?
- b. Do they effectively express the emotions that I wish to convey?
- c. Is there a beginning, middle, and end?
- d. Are there any photos that are 'filler' and do not add to the story?
- e. Has my story changed from the beginning (when I chose my story) to the end (my final 5 photos)?

Notes: _____



Assignment 5: Composition





Composition is the arrangement of elements in your frame.

A good composition communicates the message you are trying to tell the viewer. Composition in photography is what you decide to include or exclude from the frame.

The worst type of photos are the photos that try to show everything. By trying to show everything, you show nothing.

To me, the best compositions are about simplifying reality. Deciding what to subtract from the frame is more important than what you decide to include in the frame.



QUICK TIPS

To improve your compositions, try these assignments:

1. Start with a black or white background, and then add your subjects in afterwards: You can shoot a 'street portrait' by first identifying a simple background and waiting for an interesting looking person to walk near you. Then when you shoot a portrait of them, make sure there are no distracting elements on the edges of your frame.



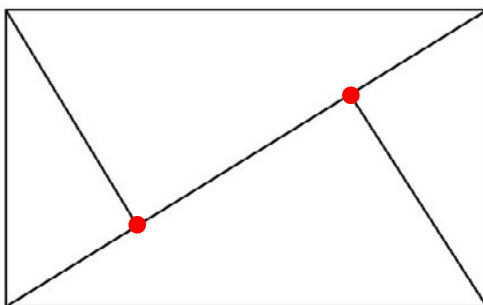
2. Integrate diagonals: Make compositions in which you place diagonal lines on the edges of your frame. Create 'dutch angle' compositions by tilting your camera left or right. For more dynamic compositions, avoid straight and symmetrical photos.

3. Photograph curves, spirals, and loops: Curved lines are the most dynamic lines, which add movement and life to your photos. Study 'fibonacci spirals' in nature like in nautilus shells, flowers, or spiral staircases for inspiration.

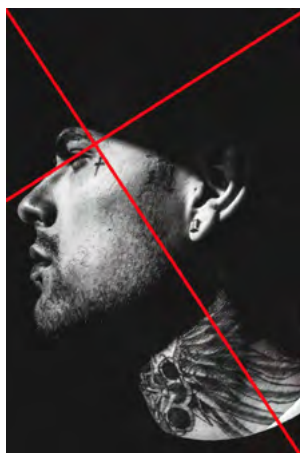
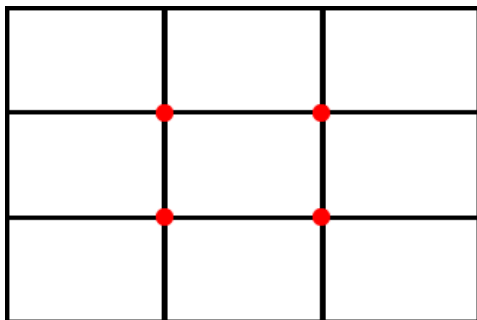


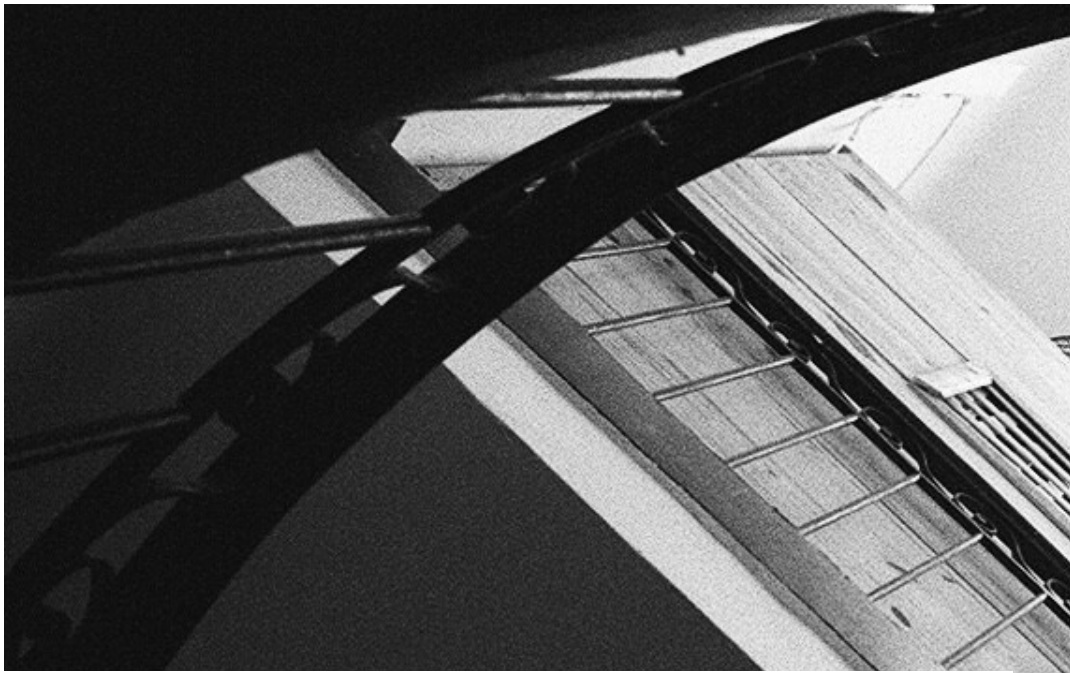
GOLDEN TRIANGLE

4. Try to capture images with subjects that fall along these composition lines:



RULE OF THIRDS





REFLECTION

1. Does focusing on composition cause me to over-think before shooting a photograph? Or does thinking about composition guide and encourage me to shoot?

2. Who are some photographers, painters, or artists whose compositions inspire me? How can I integrate their techniques into my own work?



DRAW



“EVERY CHILD IS AN ARTIST. THE PROBLEM IS HOW TO REMAIN AN ARTIST ONCE WE GROW UP.”

-PABLO PICASSO



INTRODUCTION

As children, we loved drawing. Colors, lines, and shapes fascinated us. The possibility to create anything was exciting. Seeing our creations displayed on the refrigerator and walls filled us with pride. But why did we stop? At a certain point in childhood, others told us, "Be more like an adult. Be more realistic. You are not good enough."

Drawing is not about being 'good.' Rather, drawing helps us express, create, and imagine.

This chapter gives you the basic foundation of drawing and specific assignments to spark your creativity. Think about these tips as a toolbox for you to pick and choose from. Drawing might feel difficult, but just remember to have fun. Let go of your judgments and embrace your curious, childlike spirit.



TOOLS

You can draw with anything you have – a pen or pencil, a notebook or scrap piece of paper, a drawing application on your phone or computer, or a set of color pencils. This chapter does not cover abstract art theory and techniques, but focuses on concrete assignments that inspire you to imagine, to see, and to create in new ways.

REFLECTION

1. Do you like to draw? Why or why not?

2. What is the most difficult part of drawing?

3. Remember something that you drew from childhood. Draw it here from memory. Write "A+ Outstanding" on the top.



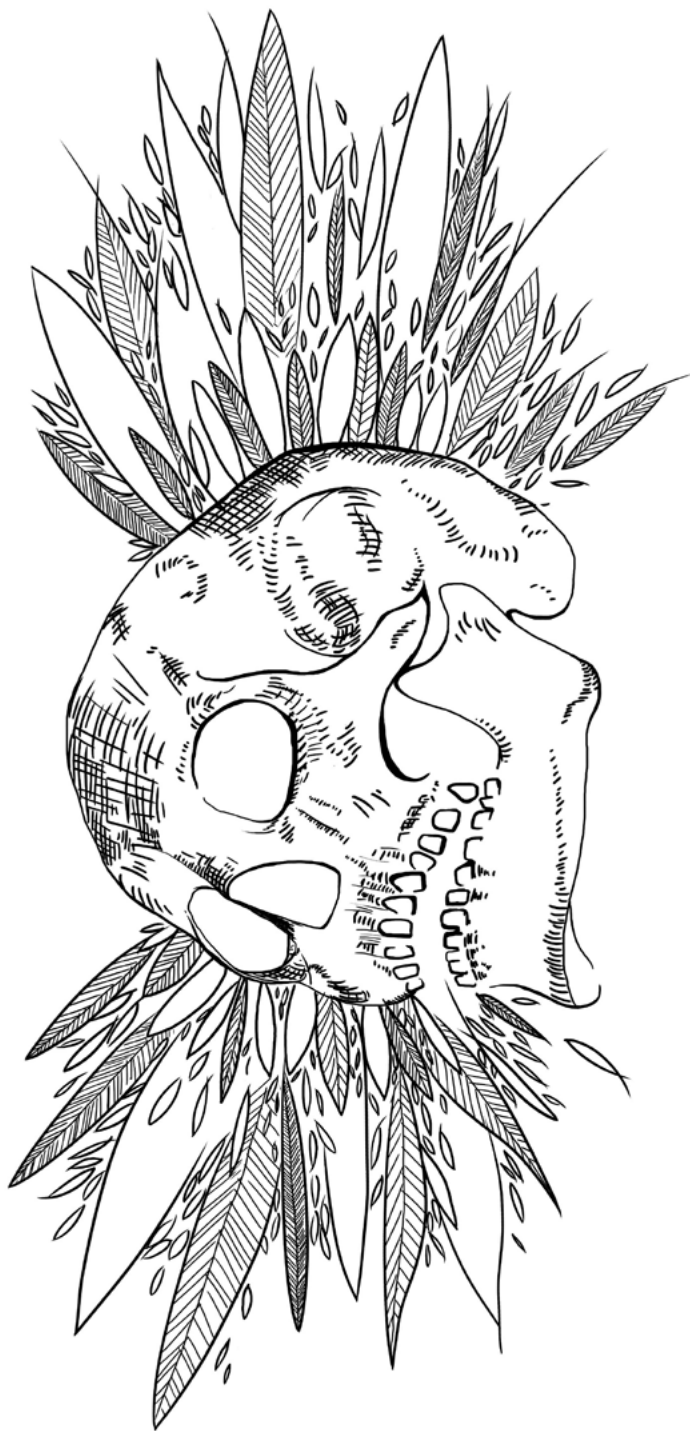
Assignment 6: Anti-Blank Page

Starting to draw or write on a blank page can feel intimidating. Why? The possibilities of what to draw on the page feel endless. We are overwhelmed by the blank page in contrast to a perfect, final image.

Instead think of the blank page as a sandbox. Everything that you draw are little attempts to build and create something. That something does not need to be perfect and last forever. Instead, what you draw are little playful experiments.

INSTRUCTIONS

1. Find a photograph, an image, or a design that you like. You can start off by tracing the illustration on the right.
2. Trace the image using tracing paper (or a thin sheet of paper), or a drawing app on your computer or phone.
3. When you trace, follow the lines but also choose to not follow the lines. Add your own interpretation of the image with new lines, different colors, or combine a few different traced images.



Assignment 7: Honor Thy Self-Portrait

This activity will train your eyes to study details of objects, not the results of your drawing. Continue drawing without looking at the results. Do not judge, just draw. As a human being, if we do not see immediate results, we want to give up. Do not give up! You will never know what you can achieve if you quit before finishing.

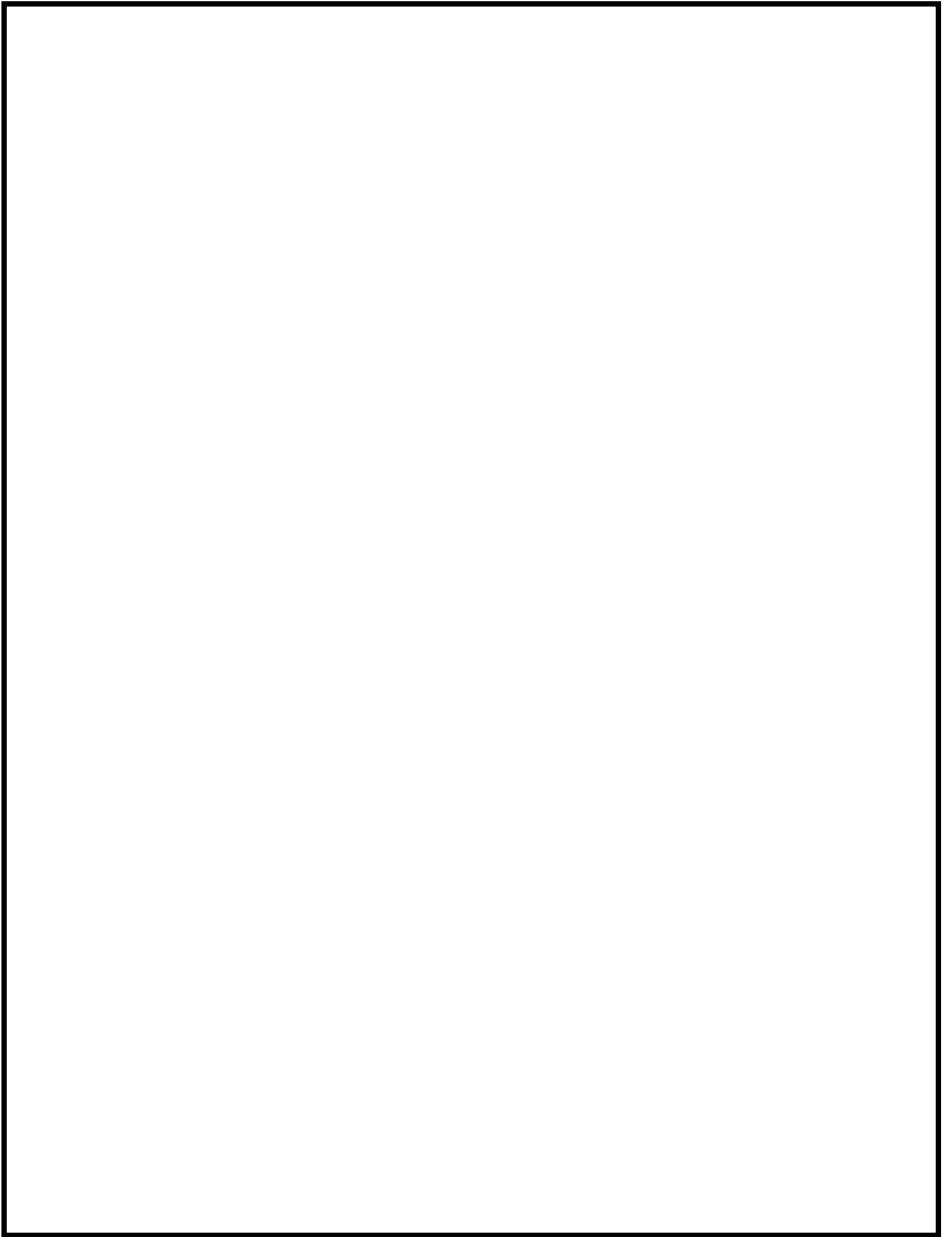
INSTRUCTIONS

1. Prepare drawing area where you can draw while looking at your reflection.
2. Draw a self-portrait **WITHOUT** looking down at what you draw. Only focus on your reflection and never glance down at what you have produced.
3. Do not lift the drawing instrument up from drawing surface. Essentially you want to produce a single line as the image.

QUICK TIPS

- Concentrate on the individual features of your face.
- Allow your hand to follow the movements of your eyes.
- Draw freely. Do not pause to think and stop drawing.

DRAW YOUR SELF-PORTRAIT HERE





REFLECTION

1. What did you enjoy about drawing your self-portrait?

2. What was difficult? What was surprising?

3. How can you turn those difficulties into enjoyable challenges?

“HAVE NO FEAR OF PERFECTION, YOU’LL NEVER REACH IT.”

-SALVADOR DALI

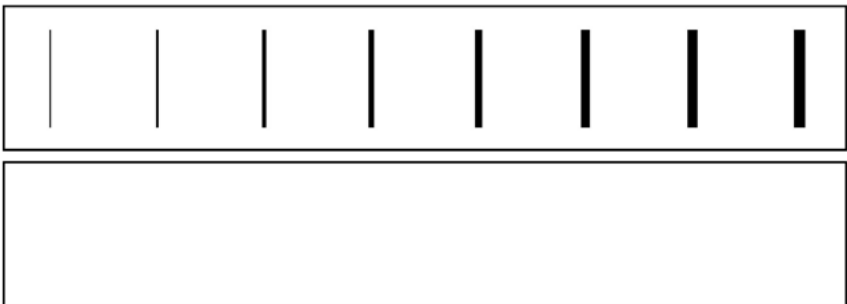
Assignment 8: Landscape

The exciting part about drawing is that it is an interpretation of the real and imagined world. Our goal for this book is not to obsess over drawing techniques to perfectly represent reality. Rather, let's draw and express creatively. Here are a few techniques to add character, distance, and depth to your drawing. Add these techniques to your toolbox, experiment, and have fun!

LINE THICKNESS

Objects further in distance become lighter. Vary line thickness to represent object distances. (Closest objects have thicker lines, furthest objects have thinnest lines)

Practice line thickness in the empty box below the diagram.

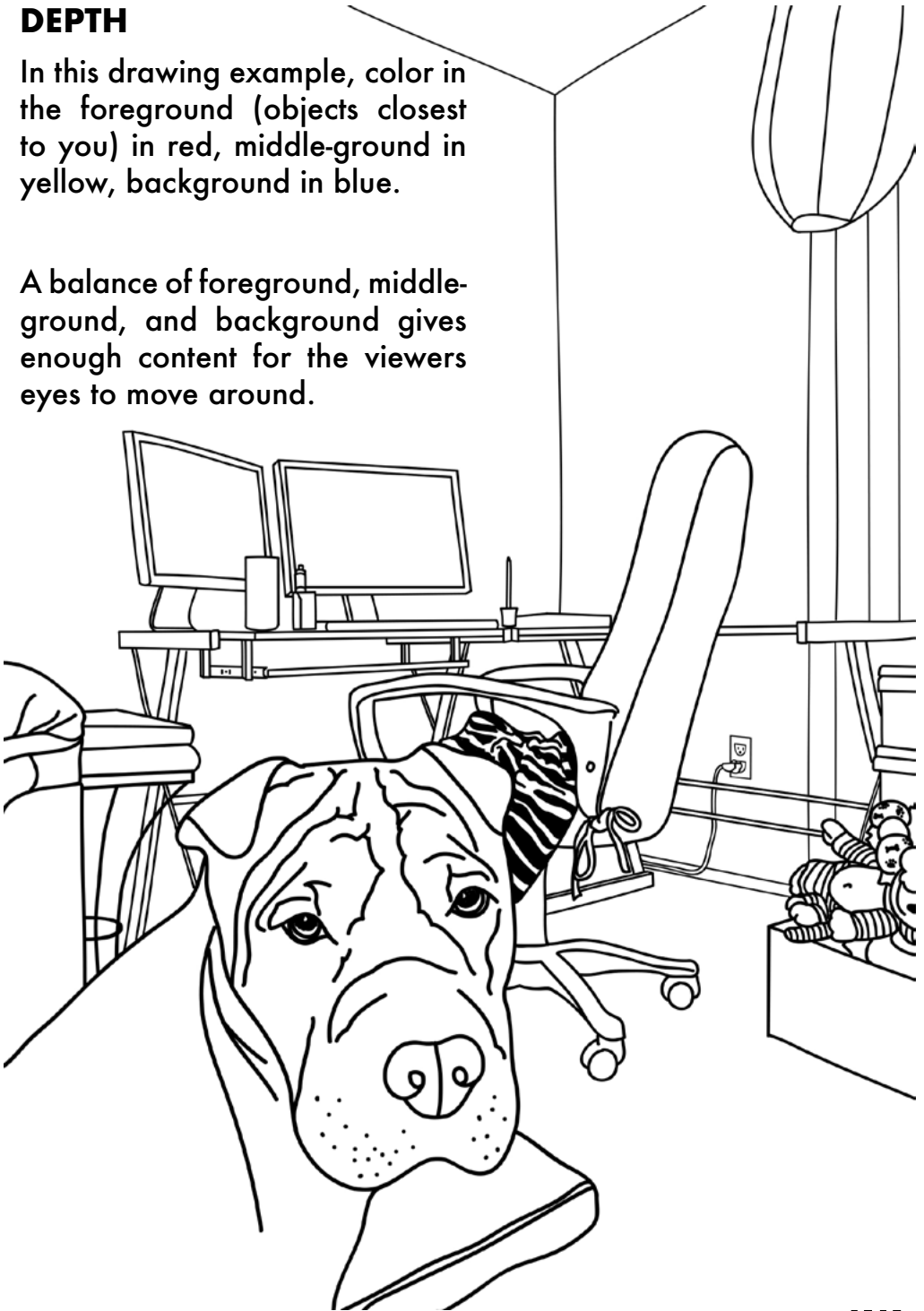


Analyze the example on the right to see how distance is conveyed with different line thicknesses.

DEPTH

In this drawing example, color in the foreground (objects closest to you) in red, middle-ground in yellow, background in blue.

A balance of foreground, middle-ground, and background gives enough content for the viewers eyes to move around.

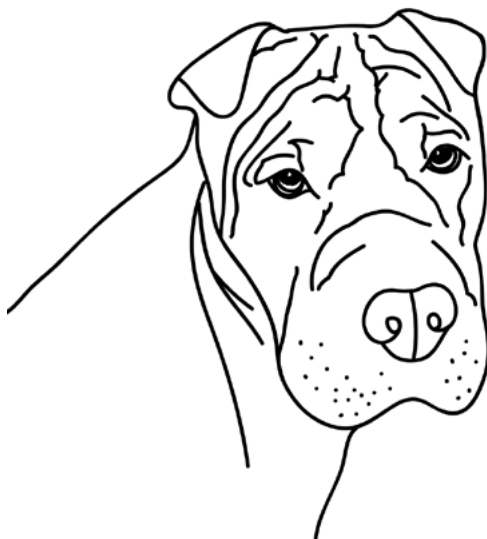


SHADING

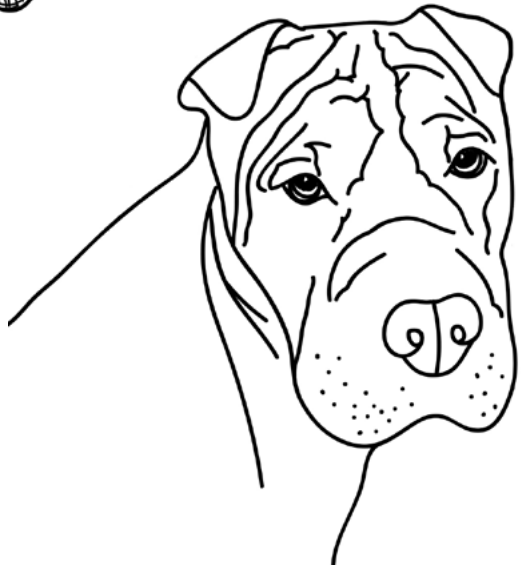
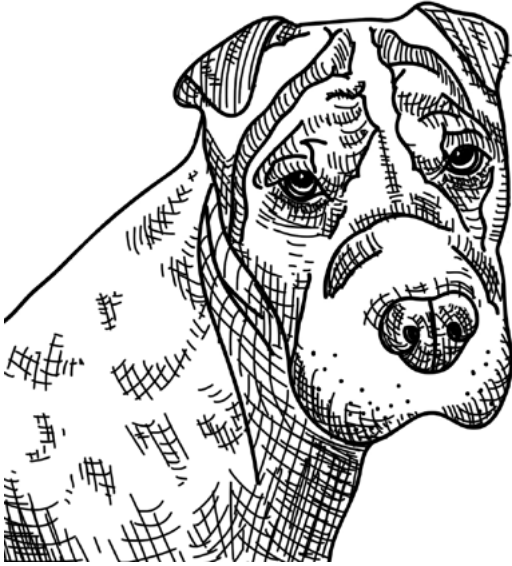
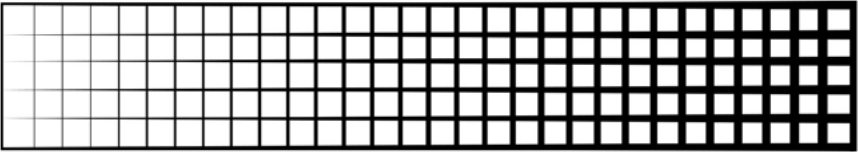
Shading adds shadows and tones to your drawing in order to convey depth and dimension.

Practice different types of shading in the empty box below the each diagram. Then practice shading in the blank line drawing of Jazz, Annette's dog.

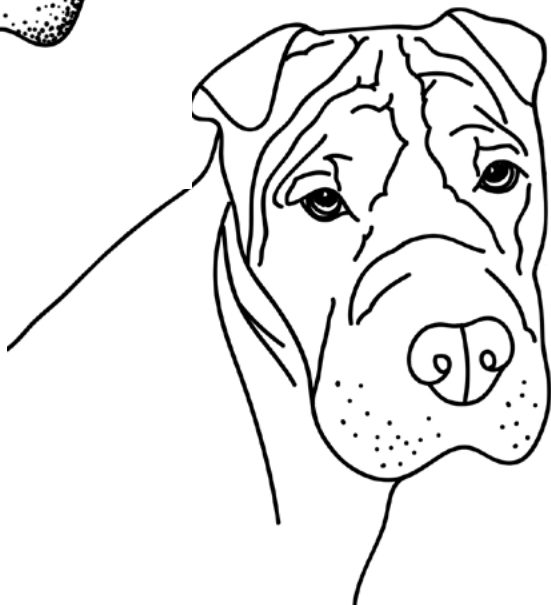
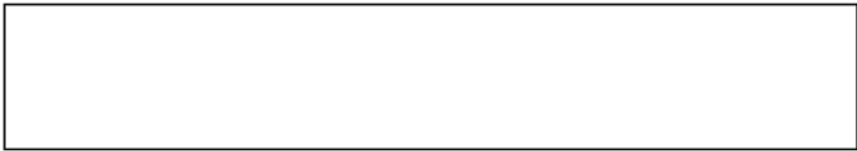
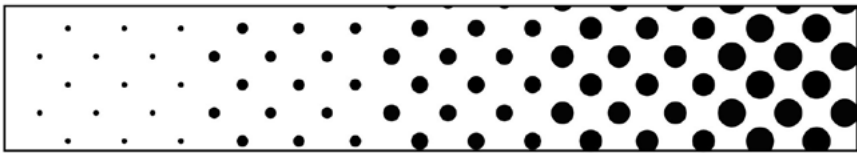
GRADIENT



CROSS-HATCH



STIPPLE



Practice all three shading techniques in this example drawing.

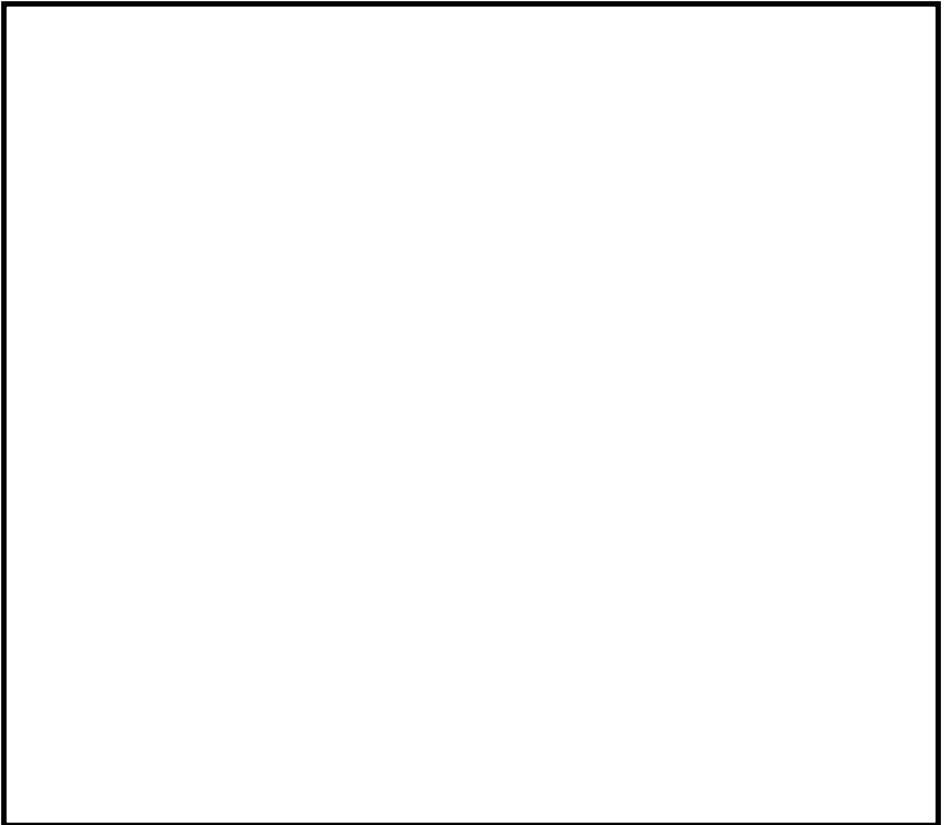


INSTRUCTIONS

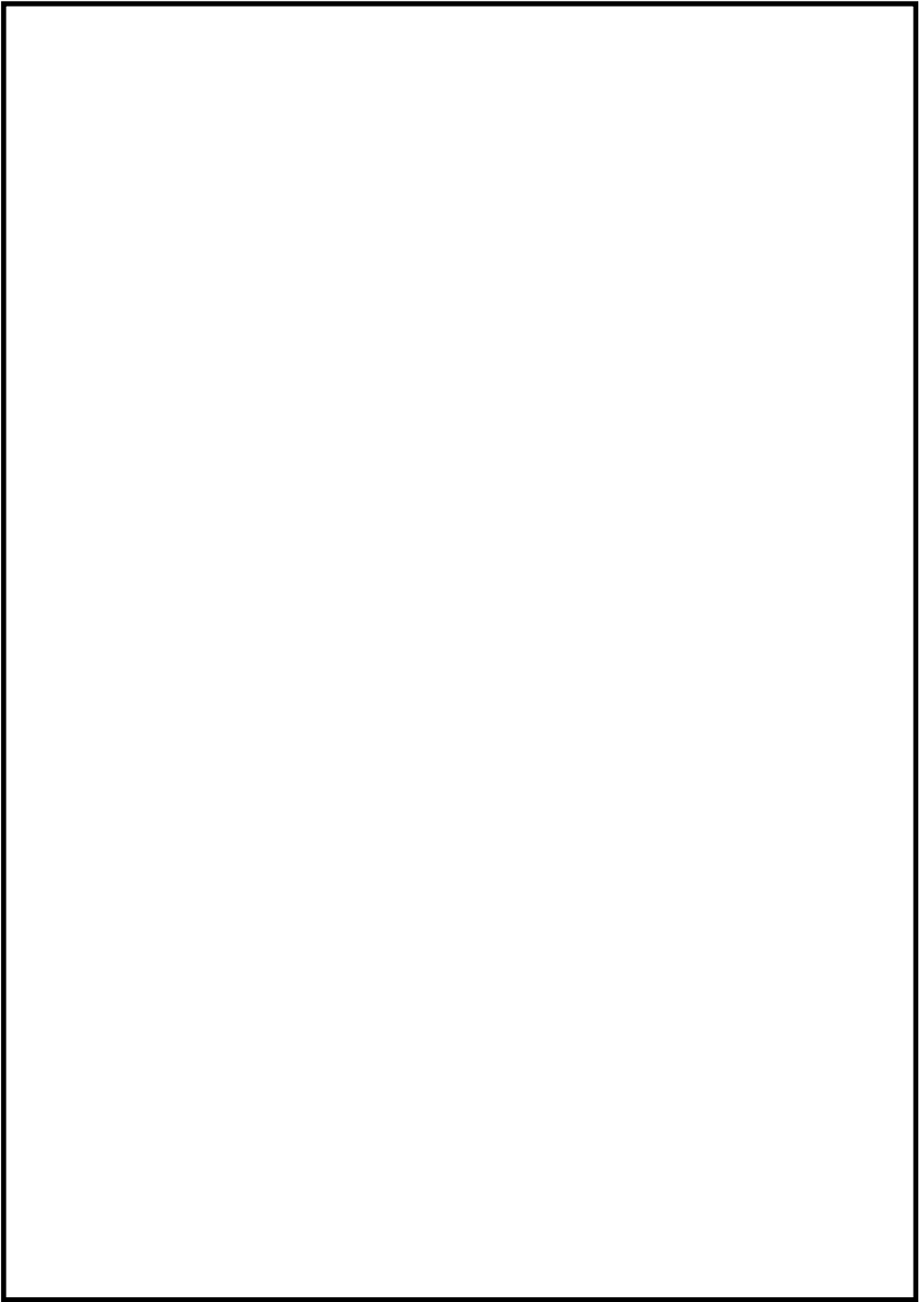
1. Choose a section of your house to draw.
2. Rearrange objects/furniture to a composition of your liking.
3. Draw from real life or take a photo to use as reference for spacing.
4. Try out line thickness and shading techniques to incorporate into your drawing. Feel free to experiment!

DRAFT

Lightly sketch your drawing in the space below. Sketch objects into general shapes before drawing details.



DRAWING SPACE



Assignment 9: Breaking Rules and Overcoming Fear

Through drawing we can imagine, interpret, and break rules and think beyond reality. Drawing is a way to communicate ideas, a story, and emotions, without necessarily using words.

PART 1 INSTRUCTIONS

1. Draw a comic of your greatest fear.
2. Divide your fear into 3 sections so you can use each panel effectively
3. Do not use words. Only use symbols and images.

QUICK TIPS

- Make the comic simple enough for a reader to easily understand your story.
- Use symbols to convey emotions.
- Simplify your panels so that there are less elements that distract from the central message.

MY GREATEST FEAR:

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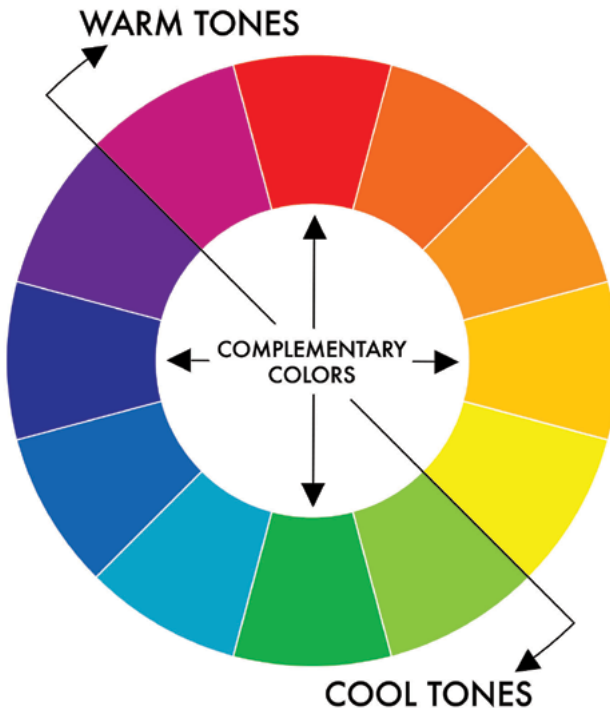
PART 2 INSTRUCTIONS

Draw a comic of you **OVERCOMING** your greatest fear.

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Assignment 10: Color Theory 101 and “The Life of ___”

Color is not necessary to make a piece of art complete but when used effectively, it can make the story stronger. There are millions of colors to choose from and it can be overwhelming. Understanding how color works helps to convey feeling and emphasize certain parts of your drawings, designs, and photographs.



COLOR WHEEL

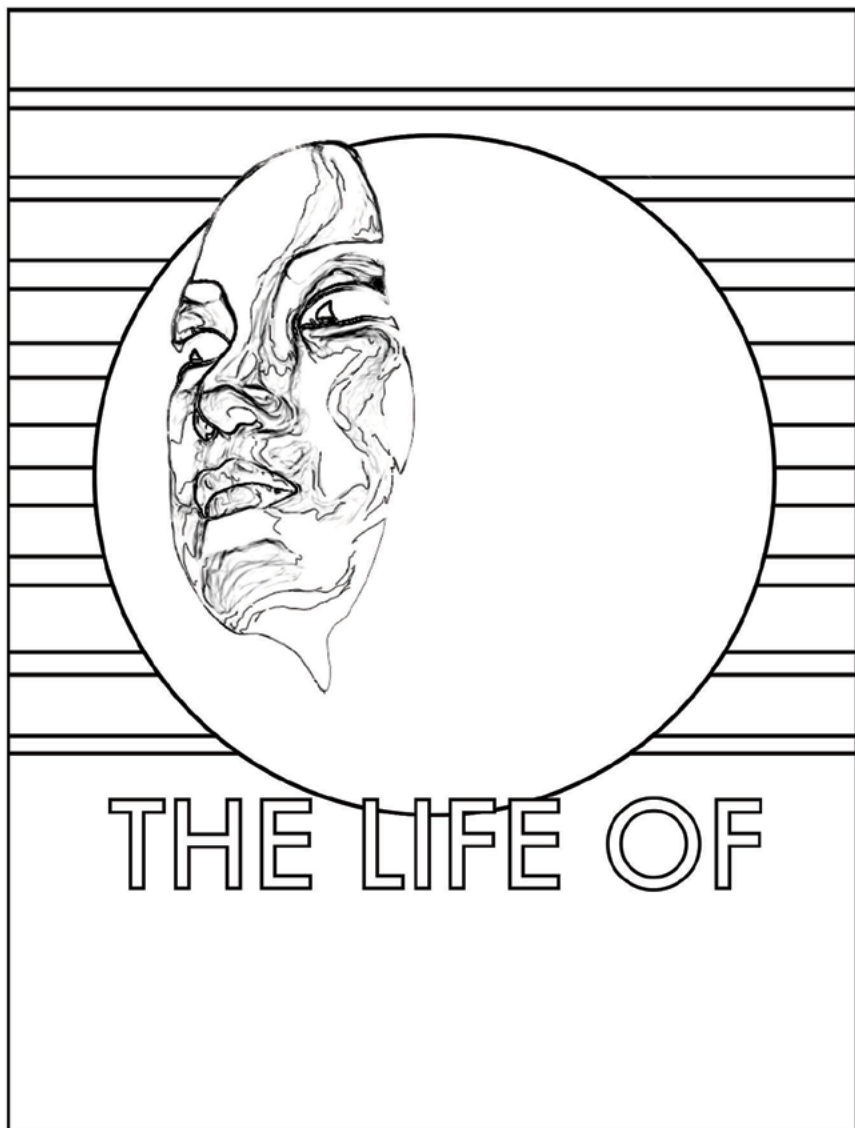
Colors on the opposite side of the color wheel are complementary: Red-Green, Blue-Orange, Purple-Yellow.

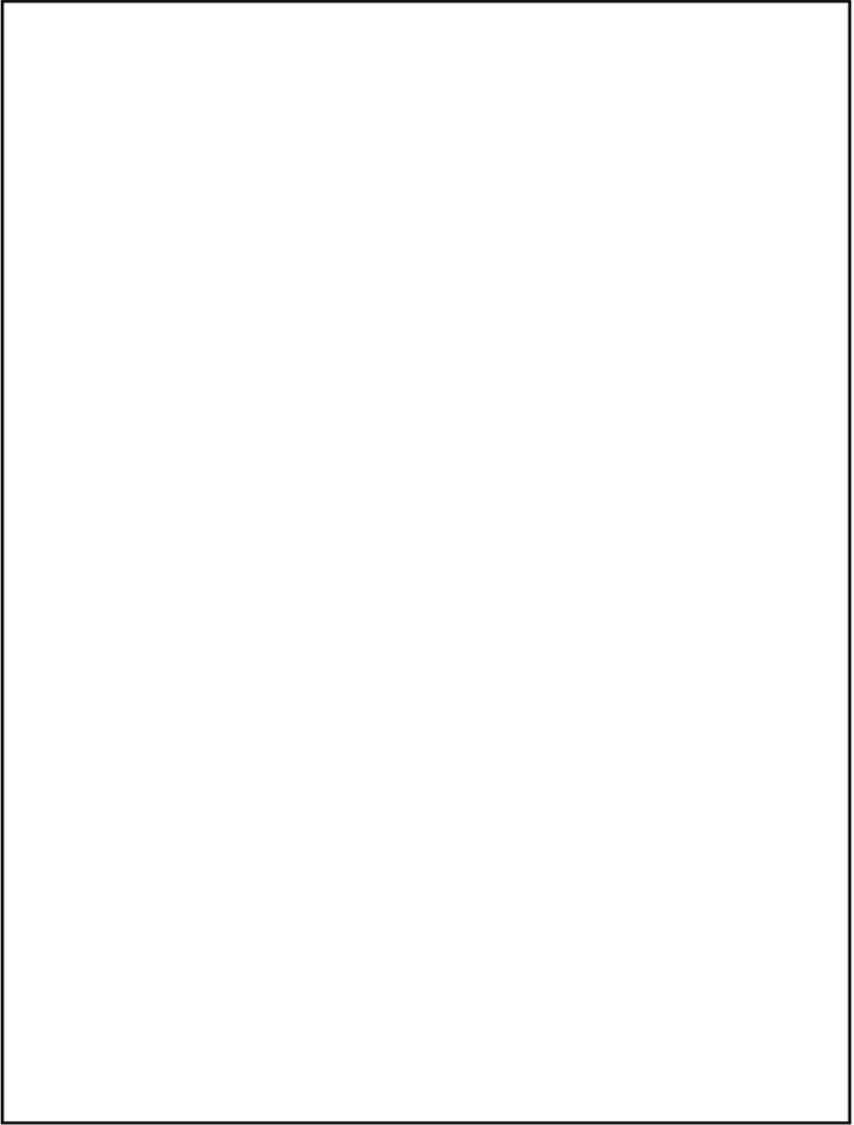
When complementary colors are placed next to each other, the colors appear brighter and more vivid.

Warm tones are stimulating. Cool tones are calming. Accentuate the warming or calming effect by placing the tones next to black, grey, white, or brown (neutrals).

INSTRUCTIONS

1. Design a movie poster or book cover to characterize your life. Title it "The Life of _____[Your Name]"
2. Use the following template to guide your design. Add more elements such as a background, foreground, and details to the central subject.
 - a. Have fun and play with different colors.
 - b. Draw the symbols which represent parts of your life or your personality.
 - c. Use your imagination – would your life be characterized by the genre of adventure, action, mystery, romance or something else?
3. For each design, choose a different color scheme.
4. Incorporate previous lessons into your design.





“WRITING IS REALLY A WAY OF THINKING — NOT JUST FEELING BUT THINKING ABOUT THINGS THAT ARE DISPARATE, UNRESOLVED, MYSTERIOUS, PROBLEMATIC OR JUST SWEET.”

—TONI MORISSON



WRITE

“HAPTICLABS” words by Cindy Nguyen

YES

to

playful experiments
to dream, to wonder, to make, to see
an eternal return to the creative every day.

NO

to

dreadful apparitions of
self doubt, anxiety, the future,
that faint whisper of Fear disguised as
Reason.



INTRODUCTION

The tyranny of the blank page haunts us. We must write something that is creative, argumentative, well structured, grammatically 'correct,' concise, but also innovative. The pressure to write something that accomplishes all of the above makes writing scary, difficult, and overwhelming. However writing can be fun, easy, and challenging.

This chapter provides specific techniques and creative challenges to encourage you to have fun with writing. Writing is both a method of communication and creative endeavor. Rather than focus solely on strict writing rules (grammar, structure, genre), think of the ultimate purpose of your writing. What are you trying to communicate? Who is your audience? Writing is just a way of manifesting your thoughts and feelings.

REFLECTION: WRITING APPROACHES

Everyone has a different approach to writing. Your writing approach may vary depending on the assignment at hand, your mood, or your purpose. Answer the following questions. Once you understand your writing styles, preferences, fears, and strengths, you can focus on what you want to improve.

1. Describe your writing style: Do you like structure and direction?
Or prefer freely writing and editing later?

2. What part of writing scares you the most?

- a. Beginning
- b. Coming up with an idea
- c. Editing
- d. Grammar
- e. Other: _____

3. What do you want to improve on?

- a. Clarity
- b. Brevity
- c. Creativity and Imagination
- d. Argument
- e. Other: _____

QUICK

TIPS



STARTING TO WRITE

- Begin by writing something easy: an e-mail, a summary, a sentence
- Writing is an exercise: start with something you are good at
- Write as if you are speaking to a friend (a text message, a quick note, a phone call)

WHILE WRITING...

- Vary sentence lengths and paragraph size. Shorter sentences and paragraphs are easier to read.
- Focus each paragraph on one topic. If you start discussing something different, start a new paragraph.

THE END/PROOFREADING

- Make a simple, brief, and clear conclusion.
- Re-read each paragraph to confirm that each paragraph is a unique idea. If not, break them into separate paragraphs
- Re-order each paragraph or sentence to make sure there is a logical flow to your argument.
- 80% good is good enough for publication.

GRAMMAR SUGGESTIONS FOR CLARITY

- Use active tense. This means, avoid the following
 - versions of the verb “to be” (be, is, are, was, has/have/had been)
 - verbs ending in “-ing”
- Use sparingly versions of the verb “can” and “should.”
- Example of cluttered sentence: “Having written for a long time, she was tired.” or “She had been writing for a long time and had been tired.”
- Revision for clarity: “She wrote for a long time and felt tired.”

WHEN IN DOUBT, MAKE SIMPLE, SHORT SENTENCES.

Assignment 11: Warming up with Description

Writing is a form of communication. But sometimes we feel daunted by the complexity of our thoughts or the expectation to write something perfect right from the beginning. Rather than focus on the final product, begin by thinking of writing as description. Describe something. That is it.

INSTRUCTIONS

To warm-up to write clearly and with detail, fill up the following page with a description of "YOUR PERFECT DAY."

Complete this assignment by including the following components in your piece of writing:

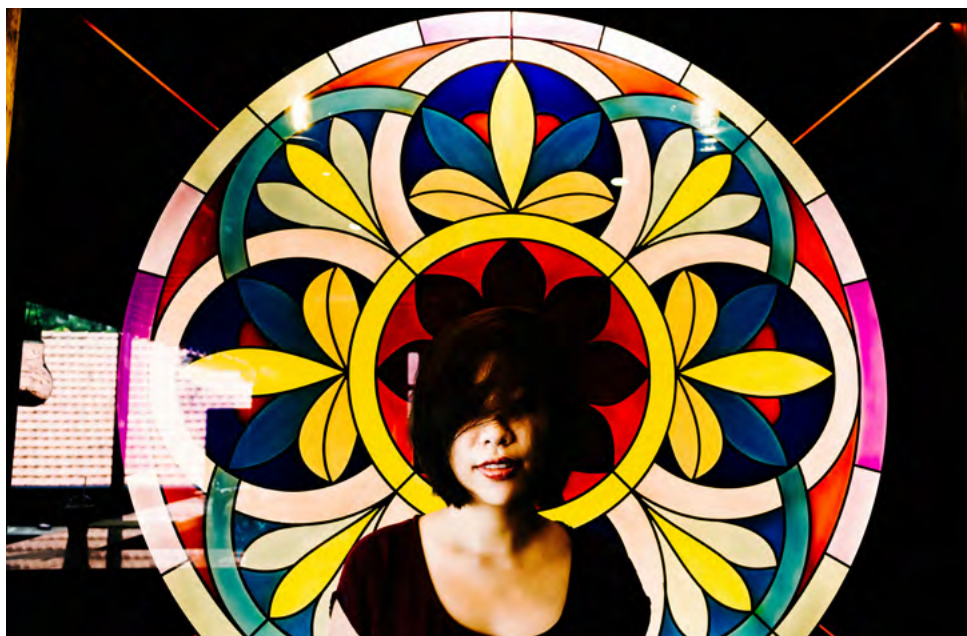
- "My perfect day begins____"
- "My perfect day ends____"
- 1 very short sentence, 1 very long sentence
- Bonus: a sentence that uses at least 1 physical sense: sight, smell, touch, sound, taste



Assignment 12: Throw out the Rules — Grammar, Structure, Genre

Writing is not just a tool for communication, but an opportunity for creative expression and exploration. Often the pressure to communicate your argument to your audience forces your writing into constrained formats following strict rules about genre and grammar.

Instead of focusing on the format and structure, this exercise encourages you to linger and meditate on a word. Let the feelings and thoughts flow without judgment and restraint. Write what you feel, write who you are.



INSTRUCTIONS

1. Throw out all of these rules you know about writing. (For example, ignore punctuation, grammar, spelling, sentence structure, and genre.)
2. Choose a word that you like.

WORD : _____

3. Free write, draw, all the feelings, thoughts, images that come to mind when you see this word. Feel free to abandon it and divert from the original message.



4. Fill up these two pages with a free write.

A large, empty rectangular box with a black border, intended for a free write. The box occupies most of the page's vertical space.



Assignment 13: Poetic Expression

Examine what you came up with for Assignment 12. How did it make you feel? What interests you from your free write?

Now, make sense of that piece by focusing on one part of it. If one emotion stands out, then focus on that emotion.

INSTRUCTIONS

Write through a part of your free writing from the previous assignment.

1. Transform your favorite short phrases or word that emerged from your last piece into a poem or a paragraph.
2. If you wanted to share this piece with your friend, how would you add some structure and meaning to it?
3. Do not judge; your writing does not have to be 'good.' Just try to weave together your thoughts and emotions into a form. Remember, writing is just a little 'attempt.' (The French word *essayer* means "attempt or try." From this, English derives its word "essay.")



EXAMPLE



My favorite phrase that emerged was, “An eternal return to the creative every day.”

I attempt to make some sense of this phrase by exploring the idea deeper and weave the thoughts, emotions, ideas into a poem below:

Every day

Step 1: Wake up creative

Coffee creative

Write, think, speak, creative.

Step 2: Inhale fresh thoughts, exhale expression.

Attempt, experiment, make.

To see, to hear, to understand

Every day.

Step 1: Wake up creative.





Assignment 14: Creative and Simple Translations

Translation is an interpretive act. There are countless ways to translate an idea, word, or emotion to different languages and cultures. Translation is difficult because it is a creative act, but also a way to force your writing into simplicity.

In order to make a strong and clear translation, you must be specific and know your audience. Does your audience understand your idioms and sentence structure? If not, what metaphors and explanations might be useful tools to convey your idea?



INSTRUCTIONS

1. If you are bilingual, pick a sentence, phrase, or short poem/ paragraph in another language to translate into English. (Or translate something from English into your primary language of expression.)
2. If you are not bilingual, write an explanation of a concept for someone who is not familiar with English. For example, describe your work, your creative inspirations, or your dreams. Another option is to translate local slang or a colloquial phrase to someone who might not be familiar with the saying.

QUICK TIPS

- Use simplicity, detail, and examples.
- Often you cannot find the 'perfect' translation of word. See if you can discover and learn new ways of understanding a concept through the creative 'mis-translations.'
- For example, in Vietnamese the word the "work hard" is often substituted by the word "*chịu khó*" which means to withstand and endure difficulty. How does this type of interpretation inspire new creative ways of understanding the meaning of work, perseverance, and difficulty?

Conclusion



"DON'T THINK ABOUT MAKING ART, JUST GET IT DONE. LET EVERYONE ELSE DECIDE IF IT'S GOOD OR BAD, WHETHER THEY LOVE IT OR HATE IT. WHILE THEY ARE DECIDING, MAKE EVEN MORE ART."

-ANDY WARHOL

Assignment 15: Storytime Remix

These chapters and assignments provided the foundation to inspire you to be creative every day. By practicing photography, drawing, and writing, you can learn new ways to express yourself, tell a story, and communicate ideas and emotions.

INSTRUCTIONS

Tell a story of your creative journey. Use the following questions to guide your story:

1. What did you think about yourself, your art, your creative potential before you started reading this book? How did this change throughout the book?

2. What were some of your most challenging difficulties in creating art?

PART 1

Make a photo series (10-15 images) on the topic of your creative journey. What do you want to focus on? What visual elements do you want to capture? What type of story do you want to tell through your photographs?

PART 2

Draw a three-panel comic strip on the topic of your creative journey.

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PART 3

Write about the topic of your creative journey.

PART 4

Try to combine all three parts together into a project titled

' _____ (YOUR NAME)'S
ETERNAL RETURN TO CREATIVE EVERY DAY.'

Final Assignment: Share Your Art

What is the point of creating art? Creating art makes us human. Much like eating and breathing, how we see the world, make meaning of it, and express our thoughts and emotions are core to our humanness. Creating art is a way for us to understand the world around us, but 'creating for creating's sake' is not all there is.

We live in a social world where creating and sharing complement each other. We create to understand ourselves and the world, and by sharing our art, we can help others to understand as well. We thrive and flourish by creating and sharing.



WHY YOU MUST SHARE YOUR WORK

If you have made a piece of art that could help empower or inspire another human being on Earth, then it is your duty to share and publish that piece of work with others.

It is scary to share your work. To publish your work is to expose yourself to possible scrutiny, hate, and judgement.

However, publishing your work can also be empowering. After publishing, the work is no longer yours. You have released the work to the world for others to also feel empowered, moved, and inspired.

The world deserves your art.

INSTRUCTIONS

Share your art to a friend, online on social media, publishing it to your own website, or on the [ERIC KIM FORUM](#). You can also organize a small exhibition or print your work as prints, a zine, or book. Most importantly, just share it.

**YOU MUST
SHARE YOUR
ART.**

About the Authors

All the authors made this book as part of the mission to be 'creative every day.' In the free hours between work, school, and daily obligations, we found time to express ourselves creatively through writing chapters, conceptualizing assignments, drawing designs, and making the print layout.

Making this book was hard. There were moments when we felt like it was an impossibly ambitious project. But we believed in the importance of creativity in our lives and wanted to share that with you. We invite you to join us in this journey of creative expression and experiment.



CINDY NGUYEN directed and conceptualized the project, finalized the layout, and wrote the chapter 'Write.' She read, revised, and edited every single part of this book. She worked on CREATIVE EVERYDAY between the hours of making art and poetry for hapticpress.com and mis-reading.com, and writing her Ph.D. dissertation on the history of Vietnamese libraries.

ANNETTE KIM conceptualized the project, made original artwork for the entire book, and wrote the chapter 'Draw.' She worked on this project between creating illustrations for Haptic and basking in the lamentations of her enemies in the video game Smite.



JENNIFER NGUYEN researched and compiled all of Eric Kim's writings on creativity and art, designed the layout, wrote the introduction, and did first round editing. She worked on this project while pursuing her bachelor's degree in Political Science and playing with her two dogs.

ERIC KIM helped conceptualize and edit the project, wrote the chapter 'Photograph,' and encouraged the team with coffee, ideas, and philosophical reflections on the meaning of life, art, and creativity. Eric also directed the marketing for this book. He worked on this book between photographing and writing 5-10 essays every day for the most popular photography blog in the world.



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HAPTIC



ETERNAL RETURN TO
**CREATIVE
EVERY DAY**



MAKE
LEARN
PLAY