

# Big Magic

by Elizabeth Gilbert

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Write a permission slip**

Name the project and write one sentence that gives you explicit permission to make an imperfect first version today.

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<sup>02</sup> **Give fear a job description**

List the fears around the work, thank them for trying to protect you, then write the boundary they are not allowed to cross.

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<sup>03</sup> **Schedule three small appointments**

Put three 30-minute creative sessions on the calendar. Keep the promise smaller than your ambition so repetition can start.

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<sup>04</sup> **Follow one curiosity trail**

Choose the question, image, phrase, or problem that keeps returning. Spend 20 minutes collecting clues without judging usefulness.

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<sup>05</sup> **Finish a tiny artifact**

Make one shareable or saveable piece: a paragraph, sketch, pitch, recipe, demo, outline, or page. Completion changes the relationship.

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<sup>06</sup> **Practice release**

Show the work to one trusted person or store it intentionally. Notice the response, but do not let it decide whether you continue.