



Hour of power checklist.

1. Schedule your hour of power for this week.
2. Put a reminder in your calendar or phone to remind you on the morning of your hour of power.
3. Print this checklist to have with you during your hour of power.
4. 10 mins before you are scheduled to do your creative work:
 - Alert others that you may not be disturbed in that hour.
 - Go to the bathroom.
 - Get a glass of water.
 - Phone on flight mode or completely off and placed on the other side of the room or in another room.
 - Internet switched off.
 - All other distractions removed.
 - Collect the materials you will need to do your creative work.
 - Make yourself comfortable.
 - Set an intention of what you might like to achieve or focus on in your hour of power and write it down.
 - Set a timer on your phone or watch for 1 hour.
5. When the hour strikes, start your timer, begin your creative work and do not stop for the entire hour.

Do's and don'ts guidelines.

1. Do not stop to check the timer.
2. Do not stop to make notes for other tasks that pop into your mind.
3. Do not leave the room or your creative space.
4. Stay on task. Do not change your intended task part way through your hour. See it through.
5. Stay focused. Do not get distracted. Continue to bring your attention back to your work.
6. If you do not feel inspired, sit quietly and contemplatively with patience and await your impulse to make your next move. This is not a race.
7. Alternatively, take a pen and paper and write down your stream of consciousness. Whatever your mind is saying, notate it. This will be useful information.

Upon conclusion

At the end of the hour, take a pen and paper and journal your experience for approximately 10-15mins.

Was it easy? Was it challenging? What was challenging? What were your thoughts saying? What were your impulses? How did it feel throughout the hour? Was it productive? Was it boring?

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