

CHECKLIST

Your Fortress Of Solitude

Emailed and texted anyone expecting anything of you

Cancelled that brunch date with that person you really didn't want to go to brunch with

Booked a sitter, the weekend away, or made office ideal for working

Pre-scheduled food delivery

Put your phone on "Do Not Disturb"

Prep Work For Overachievers

Do the Attract The Right People module

Have photos taken or a shoot scheduled specifically for your website

Supplies List

Pencils

Flashcards or Post It Notes, whatever you're into

A Highlights

Sketchbook or Plain Paper

Lots of coffee or beverage of choice