

BEE BETTER DAILY

30-Day Creative Habit Planner

A printable planner for building a daily creative routine

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How to use this planner

- Print the pages you need. Print single-sided if you want to write on every page, or double-sided to save paper.
- Pick a start date and write it on the Intention page. Each daily page has a prompt, a small checklist, a time box, a mood check and room for notes.
- The goal is to show up, not to make something good. Your minimum for any day is five minutes. A five-minute day still counts.
- After days 7, 14, 21 and 28 you will find a weekly review. On Day 30 you will find a final review.
- If you miss a day, do not start over. Mark it and continue with the next page.

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Set your intention

Fill this in before Day 1.

Start date:

The creative habit I want to build:

Why it matters to me:

My minimum for a hard day (5 minutes or less):

When and where I will do it:

What usually gets in the way:

How I will reward myself on Day 30:

Why a small daily habit works

Showing up beats inspiration.

Creative work tends to improve through repetition. A short session every day builds skill, confidence and a stock of ideas faster than an occasional long session, and it is easier to keep going when the bar is low.

This planner is built around three ideas: make the habit tiny, make it obvious, and make progress visible. A five-minute start still counts. Momentum comes from starting, not from finishing.

- Tiny: decide the smallest version you will always do
- Obvious: pick a time and place, and leave your tools out
- Visible: mark each day on the tracker
- Forgiving: if you miss a day, simply continue

Make it easy to start

Lower the friction before you begin.

Most days, the hardest part is starting. Reduce the steps between you and the work.

Set up a corner with your tools ready. Pick a regular time, such as after coffee or before dinner, and attach the habit to something you already do every day.

- Prepare tools the night before
- Use a timer: ten minutes, then you may stop
- Start with the prompt, not with planning
- Keep a small notebook or sketchbook within reach
- Tell one friend what you are doing for 30 days

Day 1

Today's prompt

Draw or write something using only three colors.

TODAY I

- ☐ Showed up
- ☐ Made something
- ☐ Noted one thing I learned

TIME SPENT (minutes)

- ☐ 5 ☐ 10 ☐ 20
- ☐ 30 ☐ 45 ☐ 60+

MOOD

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

NOTES

TOMORROW I WILL
