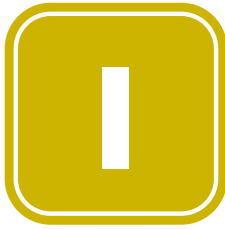


## TO DO LIST

### INGEST – LEARN, READ, WATCH, LISTEN



<input type="checkbox"/>	(look outside of your usual circles – anti-disciplinary)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### DIGEST – REFLECT, MEDITATE, VISUALIZE, DRAW, MAP, JOURNAL



<input type="checkbox"/>	(keep it to yourself!)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### EXPRESS – SHARE, POST, SUBMIT, SHIP, SEND



<input type="checkbox"/>	(someone else has to receive or perceive it!)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### ADJUST – LOVED? REJECTED? CRITIQUED? USE IT AS DATA



<input type="checkbox"/>	(get feedback, connect and converse to get ideas for tweaking your message)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### SYSTEMATIZE – CREATE A ROUTINE AND REPEATABLE SYSTEM



<input type="checkbox"/>	(repeat the steps until Expression feels mastered. You can then add more style)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	