



# Daily Pages Notebook Assessment

The first step in your Daily Pages creative habit is choosing your notebook. A considerable part of this project is figuring out what works for you. The first thing we are going to figure out is your notebook. Do you want to use a notebook you already have or get a new one?

Each of your choices is completely valid. You are learning how to form a creative habit. And the best thing about forming a creative habit is that you get to make decisions until you know what works for you. Choosing your notebook is the first step. Use the worksheet below to help.

**Question:** Do you already have a notebook that you want to use for your Daily Pages project? YES NO

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**Question:** Do you know what size you want your notebook to be? (rukristin uses a passport sized traveler's notebook) YES NO

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**Question:** Do you know what you want the inside pages to look like (blank, dot grid, lined, etc)? YES NO

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**Question:** Do you know where you're going to get your notebook? YES NO

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## NOTES