

You've Got This!

A Game Poem about Art and Stolen Moments

By Kat Jones

"Art is not meant to be created in stolen moments only." – Clarissa Pinkola Estes

Set Timer A for 30 minutes, Timer B for 60 seconds.

Find a writing space in your home where you can sit comfortably for 30 minutes.

Open a blank document or a blank page in a notebook.

Decide what you would like to work on today.

Is it a game, a letter, a poem, a novel, a diary entry?

It must be something artistic and creative—no writing a To Do list—and it should not be something with a deadline.

(You can also draw or work on some other creative project as long as it fits the other criteria)

Start both timers.

When Timer B goes off keep Timer A running. You will reset timer B multiple times during the game.

Each time Timer B goes off something will happen to distract you from your writing. If Timer A goes off before you finish this list move down to the section "If Timer A goes off" on page 2:

1st time: A person in your care needs to be fed. Go to the fridge to assemble a quick meal. Notice there are at least 5 sippy cups half filled with juice in your fridge.

- *Do you stop to clean them or go back to writing?*

When you return to your writing space reset Timer B.

2nd time: You are hungry! You need to eat before you can write any more. Go to the fridge to assemble a quick meal. You realize you need a utensil to eat your meal, but there are none in the drawer. There is a clean one in the dish washer, which is full of clean dishes.

- *Do you stop to unload the dishwasher or go back to writing?*

When you return to your writing space reset Timer B.

3rd time: A person in your care needs laundry done or they won't have something necessary for their day tomorrow.

- *Do you stop to check and make sure that you also have enough clean clothes, socks, or underwear for tomorrow?*

When you return to your writing space reset Timer B.

4th time: You realize you need to send a quick email to a colleague about something happening tomorrow. You open your inbox and find an email reminding you of something you've forgotten to do, but that should also be completed by tomorrow.

- *Do you stop to do the thing and respond to the email or go back to writing?*

When you return to your writing space reset Timer B.

5th time: Having forgotten about the thing for tomorrow has made you anxious. You suddenly can't stop thinking about all the things you need to do tomorrow and are afraid you'll forget them by the time your writing time is over.

- *Do you stop and make a To Do list or go back to writing?*

When you return to your writing space stop Timer B.

Continue writing until Timer A goes off.

When the Timer A goes off

When Timer A goes off stop writing.

- *How much have you managed to actually get written?*

Your writing time is done for the day. Any of the other tasks you've left unfinished will still be there tomorrow. And tomorrow you will get another 30 minutes to try again. Take a minute to sit with your emotions about all you've just done.

- *How are you feeling?*

Epilogue

You realize that you never ate the yogurt you got out of the fridge earlier. You take off the lid and see the words "You've got this!" written on the inside.

Do you:

- *Throw the yogurt against the wall in frustration.*
- *Ball up the lid in anger, but decide to still enjoy the yogurt.*
- *Feel comforted by this supportive yogurt container and experience a positive lift to your mood as you eat your yogurt.*
- *Something else?*

Take a moment to finish eating your yogurt or clean the yogurt off the wall. Close your notebook or laptop. Leave your writing space.

Now the game is done.

For today.