

Fictional Assistants

AND OTHER
MAGICAL
Helpers

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APRIL
25
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A MAKE-BELIEVE ASSISTANT
CAN LEAD TO A REAL ONE!



(LEMUR) ASSISTANT

- CREATE SCHEDULE
- ARTISTS THRIVE ON STRUCTURE
- INVOICING/BILLS
- EMAILS/BLOGS
- PACKING/MAILING
- PAPERWORK...

COCO HAT

8:00-10:AM Weekdays
RATIONAL, PUBLIC, ADMIN TASKS
30 min on SUNDAYS
PLAN the coming WEEK

COCO TIME:

- ① DAILY (Weekday Morning)
- ② Weekly (Sunday morning planning)
- ③ Seasonally (Long term planning)

CREATIVE "GENIUS" SPIRIT
MUSE, GUARDIAN ANGEL, GUIDE
KIDS PUSH THEIR GENIUS AWAY IN M.S.
("GENE" the Rainbow Star)

• All in my head!
• Combat the CRITICS
DRAW your Genius on
a MIRROR!
TOY? PET? Spirit Animal? Muse? Mermaid?
CHINA MARKER • LIPSTICK • BATH CRAYONS

HEALTHY RELATIONSHIPS
BOUNDARIES! BALANCE!
COCO TIME GENIUS TIME

TOO MANY
HATS!

MY ASSISTANT
TREATS ME LIKE
A SUPERSTAR!

IMAGINATION IS
GREAT FOR MANIPULATING
PEOPLE... ESPEC. CHILDREN



• STAY FOCUSED

TALENT HAT

(GENIUS time!)

10:30-4:30 WEEKDAYS
CREATIVE, PRIVATE, DEEP DIVE

- ② MAKE YOUR ASSISTANT
- ① DESIGN THEM - 2 syllable name - ANIMAL
 - ② Make OFFICE HOURS
 - ③ Create a RITUAL - unusual wearables
light incense, purple pens... MAKE
A SPECIAL SPACE!

a list of lists

1. Correspondence
2. Promo list
3. Desk list (Admin)
4. Errands
5. Think list (planning)
6. Home (chores, self-care)

- * THINKING CAP
- * MR. DUCK (Ice Breaker)
- * SUPPORTERS (Reminders that you aren't alone!)
- * STUDIO AUDIENCE
- * ANCESTORS
- * MAGICAL HI-5!
- * Mini ALTAR

ORDER → THE DARK MATTER
OF MONA STARR
AT → whoislauralee.com

watch this video at:
www.facebook.com/lauraleegulledge