

CAFE ANALOG ADVENT CHALLENGE 2021

We are thrilled to start a whole new Advent Challenge this year. This is the 4th year we are doing one, and now more than ever, where most of us are more at home, there seems to be a need to be creative, to connect with other people and share feelings and ideas!

You can share your posts on INSTAGRAM, so everyone can join in and share. When you post, please use hashtags **#cafeanalogadventchallenge** and **#cafeanalogtalk** so we find- and get the know each other easier, maybe start up a nice discussion and cheer each other on!

The Challenge

The **CAFE ANALOG Advent Challenge** will take 6 weeks, starting on **Saturday 13 november** until **30 december**. There will be 1 prompt per week, so it is not too time-consuming.

You can make this as extensive as you want, so if you are on a roll, go further

You can make 1 page, a spread or a whole lot of pages with 1 prompt, but we suggest you dive in a bit deeper than normally. Really think a while about a prompt, what it means to you, and work it out the way you like. Don't forget to share, so we can have interaction on IG.

It is totally up to you, how much time you put in it and how many pages, and what you use!

The Kick-Off **Saturday 13 november 2021**

We will officially start with the prompts this Saturday the 13th of november.

You always have a whole week to work out the prompt. You can do more than 1 entry also, if you feel like it, why not? Have fun and share!

But we all looked forward for so long already, that most of us can't wait to start.

There are some things you can already do starting today:

1. Decorate your Journal / Refill / planner you are totally free to go for it~

And if you want to start with an entry by writing/ journaling/ glueing/drawing, why not do **Check-In page(s)**

Ask yourself (some of) these questions, answer in writing or give stars (1-5, where 5 is best)

How am I doing at this point, what am I leaving behind me, and what do I want to take into the new year and build on?

- Physically – Emotionally - Mentally
- Worklife / Job / Career
- Relationships / Family / children
- Energy level
- Social Media
- Creativity / Stress / Sleep