NoOr

QUICK CHECKLIST

The Creative Habit: Twyla Tharp's routines for brands that need fresh content every week in Muscat

https://noorsocial.com/en/journal/creative-habit-tharp-content-muscat/

A Tharp-style weekly routine

- [ ] **Monday:** planning ritual, fill this week's box.
- [ ] **Tuesday:** scratch for ideas; write ten hooks.
- [ ] **Wednesday:** lock the spine and shot list.
- [ ] **Thursday:** shoot in one batch.
- [ ] **Friday or weekend:** edit, then review what worked and note any rut.

Want a second pair of eyes? Ask for a free Instagram analysis: wa.me/96890103304