

Recap Series: Episode 1

[00:00:00] Hello, and welcome to *In Ten Minutes Time*, a one-off mini-series where I dive into my back catalogue and give you some bite-sized ideas to live a creative life. I'm your host, Tricia Duffy. My philosophy is all about how to find a balance of creativity so that in 10 years' time, you can be living a more creative life.

But what if 10 years feels too far away? Think of these as small bite-sized episodes where I revisit ideas and combine them with new research and a new idea of how you can be more creative right now. To kick off this conversation, let's head back to fundamentals and the underlying principle of *In Ten Years Time: how to live a creative life*.

[00:01:00] The creation of a 10-year plan, why it's important, how it works, and how to make one of your own. In the original episode, I talked about exactly how to make your 10-year plan step by step, and I've had so many people tell me they found it useful to give them a guiding North Star for their creativity.

But before you start, I want to update you on some thinking about the link between creativity and living a long life, because the research is categoric. Books like "Art Cure" by Daisy Fancourt, "Your Brain on Art" by Susan Magsamen and Ivy Ross, and the work of the NeuroArts Blueprint at Johns Hopkins University in the United States are all discovering the same thing, that art and creativity is good for our health.

Studies cite short-term benefits such as improved memory, mental health, stress levels, gait and more, as well as overwhelming evidence that learning new creative skills and [00:02:00] engaging in the arts, even by visiting a gallery, can alter the trajectory of our long-term cognitive health so materially it could even prevent the onset of dementia. With this evidence in mind, can any of us really afford not to be living a creative life? If you want to change any aspect of your life, a plan is essential.

And a 10-year plan can help you decide what your creative passion of choice might be and quite literally give you time, 10 years in fact, to master it. I hope you're ready. Before you begin, I would like to invite you to head back in time in your mind and spend a moment thinking about what life was like 10 years ago today.

Where were you? Where were you working? Where were you living? How old were you then? How old were the people who are important to you, children and elderly relatives? Are there people that are in your life now that weren't even [00:03:00] born then?

Or are there people that are no longer in your life? I invite you to consider how much has changed in 10 years. Let's jump back into the original episode for some instructions. At this point in the episode, I was addressing the resistance you might feel in creating your 10-year plan.

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Now, a small number of people tell me they don't want to think about 10 years because they're happy with their life right now and they want to live in the moment. I want to be clear that I'm not proposing you stop enjoying the everyday.

I'm a firm believer in a daily practice of awe. However, just like Henry Kissinger, I am proposing that if you have a clear direction of travel, you will get even more satisfaction from the now because you will know each time you make a decision, [00:04:00] do an activity, take a small step, it's helping you on a journey to the life you want.

After all, this is your life. Only you have the power to choose which direction it goes in. And the great news is that when you create your 10-year plan, you can always change your mind. This isn't a legally binding contract. It's an idea, a dream, an aspiration. I would recommend that you take the time to revisit your 10-year plan every year and update it. It's a cycle of planning that evolves with you as you expand your horizons through the small choices you make every day.

If you don't have a long-term plan, a goal, a vision, whatever you want to call it, there is a risk that you are operating in inertia, or that inertia will creep up on you. You're treading water. With even the vaguest of goals, you can chart a course. So how do we do it?

A 10-year plan can sound intimidating, [00:05:00] but at its heart, this process is just about making a sort of agreement with future you. Sometimes making space for the things you enjoy can be hard in the moment. Making this agreement with yourself will help you prioritise the things that inspire you.

We talked in the first episode about time and how easy it is to lapse into scrolling Instagram for an hour instead of making a purposeful decision to do something creative. By articulating what your future might look like, you're able to visualise the reasons you make those small decisions each day.

You don't need a fancy template for creating your 10-year plan or a special journal.

I have also created a free 10-year plan template which you might find helpful. It's on my website for you to print off. If you don't have a printer, a plain piece of A4 paper is all you need. Draw two lines on the paper to create four quadrants.

[00:06:00] At the top of each quadrant, write the following headings: Creativity and learning. Career and finance. Relationships and home. Health and fitness. There is no right way to write these things down.

You're never going to share this with anyone unless you choose to, so just get it all down. If you'd like to hit pause after each category, that could be a really effective way to get your thoughts down. This is a podcast about creativity, but I think it's important to stress that all the areas of your life are relevant in this 10-year plan, and they feed into one another.

Before you begin, you might find it useful to write in each box the words, "In 10 years time I will have, " and underneath that, "In 10 years time I will be. "

Let's start with creativity and learning. After all, as the self-appointed fairy godmother of creativity, that's what I'm all about. [00:07:00] This box is all about personal development and your creative life balance. It might include education, learning, or relearning a language, for example, or another academic pursuit.

Do you want to take up something new or do you want to master something, perhaps learn the piano, take dance lessons, write down dancing weekly as part of life, for example.

Or do you, like me, want to change your life and become an established songwriter? Whatever it is, whatever your dream, write it down as specifically as possible. If you search the internet for how to do a long-term plan, it will

talk about smart goals. These are Specific, Measurable, Achievable, Relevant, and Time-bound. Let me just put a grenade through that for a moment.

I think your dreams here should definitely be relevant, and we have our nice 10-year time bounding. The more specific, the better, and if you have a measure that comes to mind, then by all means. But for the sake of this exercise, [00:08:00] I balk at the word 'achievable'. This is about going nuts with the possibilities, not limiting ourselves with the inevitable caution that will come with thinking about what's achievable.

When it comes to your career and financial considerations, I want to encourage you to really lean into what is desirable for you, but also what is enough. You may be someone who needs financial security, or perhaps you have a far greater appetite for risk. In both cases, you're welcome here, and there is a creative balance that's entirely right for you.

Relationships and home. Some of you will be really clear what your outcomes here are. Perhaps you are looking for love. Perhaps you want to cherish your parents in old age. Perhaps you want to expand your friendship groups or maintain a great relationship with your kids. Your family, friends, and community will be part of this creative journey, so think about what you want to be surrounded by on the road.

[00:09:00] In your health and fitness box, include all the things that you would like to be different or the same in 10 years. You might be a brilliant beacon of health, in which case, maintaining your current status might be what you need to write here. You may be able to predict a more significant health change, such as the menopause. Write down how you'd like to manage a change like that.

Sport and fitness have some similar properties to this creative debate. Making time to invest in them will serve future you very well.

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I hope you feel inspired to create or update your 10-year plan. The plan evolves. It's not set in stone, so don't be afraid to go back and update as often as you need. In 2025, I updated my 10-year plan four times, and I am already living the life I described in my very first 10-year plan that I created less than five years ago. It really works.

In the original episode, I offered a challenge, a question, and a recommendation. The challenge remains the same: to create your 10-year plan. [00:10:00] I am convinced that it will change your life. If you would like to do your 10-year plan with me, I run workshops and offer one-to-one guided sessions.

You can find the details in the show notes. Before you get to that though, what can you do in 10 minutes that sets you up for creative success? Journal on your deepest creative desires, meditate on the abundance of art, practice an established craft or reinvigorate something you have neglected.

Now the question. I will update to this: if you could guarantee that engaging in a creative practice or learning a new skill would stop you getting dementia, what would you learn? Of course, there are no guarantees when it comes to our health, [00:11:00] but as a thought experiment, I invite you to mull on the question.

And I have an updated recommendation for you. Please pick up a copy of *Art Cure* by Daisy Fancourt. This book aligns perfectly with the *In 10 Years Time* philosophy and sets out how living with art can quite literally save your life. I have a new recap episode coming next week, which explores the conversation we had about finding time in our busy lives to create.

Until then, find me on Instagram or Facebook @intenyearstimeofficial to keep chatting. And you can book a workshop or email me via the website, intenyearstime.com. If you've enjoyed this episode and you know someone who needs this, please just send them a link. I'm sure they will appreciate that as much as I will. Peace and love.