

DAILY CREATIVE PRACTICE GUIDE



keeping **creativity** alive



DAILY CREATIVE PRACTICE GUIDE

STEP 1: Choose a Creative Practice

Choose from the list below or design your very own creative practice; something that inspires you. NOTE: You do NOT need to be an artist or stay within the lines.

- Sketching
- Painting
- Collaging
- Photography
- Woodworking
- Sculpting
- Dancing
- Singing
- Freewriting
- Poetry writing
- Creative writing
- Photography
- Playing an instrument
- Creating videos
- Making movies
- Vision boarding
- Flower arranging
- Gardening

STEP 2: Dedicate a Creative Space

Your creative space might be a cozy corner in your home, a desk or even simply a bag that holds the creative tools you will need that you can take to an outdoor space. Where do you feel inspired?

STEP 3: Gather Your Materials

What supplies would you like to use? Keep it simple. Have materials readily available.

STEP 4: Block Your Calendar

Be deliberate about blocking time each day. You may choose to practice first thing every morning, mid day or at the end of each day. It doesn't have to be the same time every day but this may help keep you consistently creating. Do what works for you!

STEP 5: Set Your Intention

What would you like to focus on during your creative practice? Perhaps it's letting go of control or encouraging experimentation or tapping into intuition. Decide what it is for you.

STEP 6: Enjoy the Process

Start your practice by taking three deep breaths. Let go of expectations and enjoy the process. See 'Helpful Tips' on the Page 3 for more guidance!



YOUR DAILY CREATIVE PRACTICE

My daily creative practice: _____

My dedicated creative space: _____

The materials I will need: _____

I will practice daily at this time: _____

My creative practice intention: _____



7 HELPFUL TIPS FOR STARTING A DAILY CREATIVE PRACTICE

TIP 1: Trust Yourself

Free yourself to express your inner world through the art form you have chosen. There are no rules to follow. Create for the joy of creating. Play. Enjoy the process.

TIP 2: Suspend Judgment

Suspend judgment of yourself and of what you are creating. Judgement gets in the way of freely releasing your self expression. Silence the critic.

TIP 3: Tap into Intuition

Allow yourself to follow your instincts. Release the tendency to control what you are doing. Instead, allow your inner voice to be your guide. What are you drawn to? Follow that inclination.

TIP 4: Dedicate Yourself

Dedicate yourself to the time you allocated for your daily creative practice. Whether it's five minutes or thirty minutes, stick with it. Pause and take a few deep breaths if you find yourself struggling.

TIP 5: Stay Affirmative

Find the voice inside that is encouraging and kind. Speak to yourself in that voice. Stay positive. Recognize any self criticism that comes up and release it.

TIP 6: Focus on the Process

Process over product. Let go of expectations of creating a beautiful, frame worthy or publish ready final product. Instead, enjoy the process of exploring, experimenting and getting curious.

TIP 7: Find Your Flow

Stay with your practice even when it doesn't feel easy. You will eventually find your flow, where time passes quickly and you get lost in the process of whatever you are doing - this is the goal!



SMALL DAILY CREATIVE PROMISE PLANNER

- Based on *The Holistic Psychologist's Small Daily Promise Planner* -

Start of the Day

Today I will focus on shifting my pattern of _____

My small daily promise to begin to shift that pattern _____

I am grateful for _____

When I _____ I will experience _____

I have an opportunity to practice being my future self today when I _____

End of the Day

Today when I kept my small promise I felt _____

I noticed a moment of progress today when _____

Today I learned _____ and will use this

knowledge to _____



SMALL DAILY CREATIVE PROMISE PLANNER

- Based on The Holistic Psychologist's Small Daily Promise Planner -

EXAMPLE

Start of the Day

Today I will focus on shifting my pattern of not making time for my own creativity practice.

My small daily promise to begin to shift that pattern is to schedule creative time every day.

I am grateful for the ability to make time for myself and to spend time creating and playing.

When I make time to create I will experience meeting my authentic self expression and turning into my true nature.

I have an opportunity to practice being my future self today when I take time to begin fostering and exploring a new creative practice.

End of the Day

Today when I kept my small promise I felt inspired and playful.

I noticed a moment of progress today when I stayed present and followed my intuition, ignoring feelings of 'needing to do things a certain way' - the pattern I would normally fall into.

Today I learned I have the power to make time in my day for me and will use this knowledge to continue making my connection to my creative self a priority.