



Creativity Zone

This is the Creativity Zone.

Each week, fill out a new page to tune in to your creative energy. Follow the provided guide and example, or think out of the box, there's no wrong way to be creative. This layout will help inspire and remind you of the energy you want to hold with you throughout the week. Set an intention for the week and get creating! The Creativity Zone can help you engage with your thoughts in an encouraging and mindful way. You can print out a physical copy of the booklet or just download and fill it in digitally. Whatever method you choose, I hope you can find some inspiration from what you create over the next few weeks. Once all five pages are filled out, go back and see what you've learned and how you've grown over the past month.



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GUIDE

Focus Board:

Add any words, colors, or pictures you want to be the focus of your creativity this week.

Pulling tarot or oracle cards can help set your tone and mindset for the focus board.

Reminders:

What do you want to remind yourself of this week? Are there any particular things you'd like to work on? What will help you achieve your goals?

Emotions/Gratitude:

Writing down thoughts and emotions as they come up is a helpful tool on how to process those emotions in the future. Writing down what you're grateful for is a great way to focus on the good parts of life. Whenever you're having a hard time, return to your gratitude list.

Affirmations & Mantras:

Positive affirmations can set your tone for the day, week, or month. Every day, try writing down at least 1 encouraging affirmation. Make sure to write them in the present tense, as if you're feeling this in the moment, right now.


Free Draw:

Fill up this space! You can use similar themes to what you wrote on the focus board or just doodle whatever comes to you during the week! Creativity has no rules, make whatever is calling to you! When the blank page feels intimidating, just start making colorful lines, then connect them and see where it takes you.



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EXAMPLE

Reminders: drink water you got this!
take time for creativity
meditate! be mindful 

Focus Board:

nature self care
tune in more

Card Pull:

deck: Stress Reduction Essentials

card: Breathwork

message: using breathing techniques to help regulate emotions.



Emotions/Gratitude:

calm

anxiousness
will fade

creative

deep breaths

fluffy friends
morning coffee
delicious food
health + wellness
pastel colors
grounding

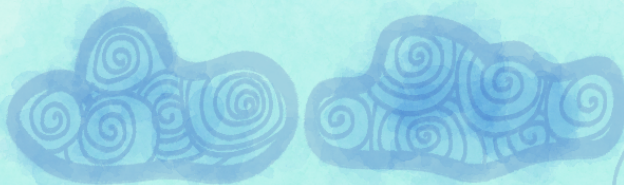
Affirmations & Mantras:

- I am creative
- I am healing
- I am doing my best

Whatever comes my way
this week, I will take it on
with gratitude.



Free Draw:





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