

I AM RECONNECTING WITH MY CREATIVE SPIRIT

I delve into the arts, writing, or any form that allows me to express my innermost thoughts and feelings.

My creativity bridges my soul and the physical world, creating a unique language transcending traditional communication.

Each act of creation is a journey of self-discovery and a celebration of my unique perspective.

I honor my creative impulses by making space for them in my daily life, embracing the joy and challenges of the process.

I understand that creativity is not about perfection but the freedom to explore and express myself authentically.

My creative expressions reflect my inner journey, connecting me to myself and the world.

I cherish this gift, nurturing it with time and love, allowing it to flourish in all forms.

REFLECTION QUESTIONS

1

What creative outlets do I feel most drawn to?

2

How can I make time for creativity in my schedule?

3

What project have I been dreaming of starting and what's stopping me?