

# THE CREATIVE PAGES

Journal Prompts  
Techniques & Tools

*Inside the Issue: The 3 Q's*  
*Just Doodle It.*  
**FREE YOUR  
INNER ARTIST**



## 1. QUIET

*Make time to sit in stillness. No phone, no distractions. Just 'Be' for 5-10 minutes each day. Be with the breath, notice your thoughts, and observe your body. Claiming this time and space is a BIG step- do nothing, daydream, or just listen!*

## 2. QUESTION

*With time in quiet, we become aware of our habits, thoughts, self talk, relationships and we observe our emotions and bodies. Ask yourself, Is xyz helping or hurting me? How does xyz make me feel? Be objective, what doesn't serve your highest good will go- the rest needs space to grow.*

## 3. QUIZZICAL

*Think back to when you were a kid... get curious, peek behind closed doors, look into puddles, go to new places, try new things, make messes and PLAY!*

## MIND YOUR Q'S

by Stephanie Walls

*Living a creative lifestyle is a practice, just like exercise and eating healthy. When you carve out time & space to show up for yourself, a certain kind of magic happens... and your creativity meets you right where you are! You may begin on a path of discovery, release things that once held you back, open space for living a life on purpose or find your true voice as an artist! Life's possibilities are infinite when we stop DOing and start BEing. First, try minding your Q's...*







# JUST DOODLE IT.

During your QUIET time...just doodle. Symbols, shapes, patterns, textures, lines- all take form on the page and become part of our own soul language, Use this space to doodle thoughts, feelings, inspirations, stuff you like OR

Doodle how you imagined yourself as a grown up... the coolest, best version of yourself. What do you do? How do you look? Where do you live? What are your favorite things? Dream house? Dream job? Dream vacation? What does it feel like to be that person?

## FREE YOUR INNER ARTIST

by *Stephanie Walls*



If you're like me and you like to do a lot of different things, then BALANCE may be your life lesson. When to lean into a certain area...whether a painting, writing, dancing or a specific project might mean following flow for a large chunk of time. That time not being spent washing dishes, laundry, or showing up for an obligation. Don't weigh the choices by logic, but by feeling. (The thinking mind is rarely a friend)

Creative living asks you to follow the flow. Trust the wild curiosity, the energetic frenzy, the deep seeded bliss. Fall in love with the expansion of that space- bask in it. When flow ends, you may be standing at a bus stop in the middle of no where, wondering where and when the next bus is coming.

Trust the universe to know when to lean in and set aside your reservations. Prepare your space before and it will be there to hold you when you're ready to Free your Inner Artist.

“  
*Begin to weave  
and the Divine  
will provide the  
thread.*  
-Old German  
Proverb

Showing up to the same time and place everyday creates a ritual for creativity. A space to connect with the muse and tap into creative flow. It may not be anything spectacular, you don't have to invent something awe inspiring- you just need to feel good.

Sit with those good feelings and the stupid doodles. They're all yours, no one has to see them.

