



TRANSFORMATIONAL JOURNALING

with Christa Potter



09



WEEK 9 - INTROSPECTIVE JOURNALING



02



JOURNALING FOR CREATIVITY



PREVIEW



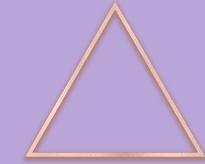
IN THIS LESSON, YOU'LL DISCOVER:

- ▷ How journaling supports our creativity.
- ▷ How to unleash your creativity through journaling.
- ▷ How journaling for creativity helps us express ourselves.
- ▷ How to journal for creativity.





*we all have a
creative side*



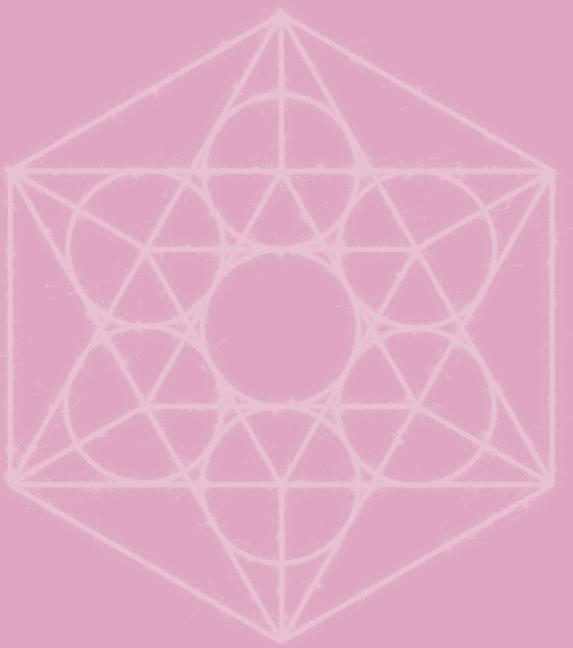
- ▶ We have so many creative thoughts.
- ▶ Capture them and expand on them.
- ▶ Keep a journal with you to give your creative thoughts a place to be nourished and grow.





- ▶ All forms of journaling help open up that creative channel.
- ▶ Your journal is a place you can be free and allow yourself to explore.
- ▶ Find your source of inspiration and take it to paper.
- ▶ Do not second guess or overthink what comes up.





“Creativity involves breaking out of expected patterns in order to look at thing in a different way.”

EDWARD DE BONO

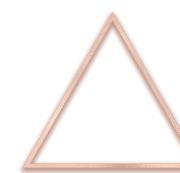
JOURNAL!



JOURNAL PROMPTS



Do you consider yourself a creative person? Why or why not?



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What is your personal style? How can you add this touch in some way to more things in your life?



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What area of your life is calling out for innovation? How would you like to be doing things differently than what is expected of you?



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What creation is longing to be born through you?



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Think of a time when you felt especially creative, playful or free. Where were you? What were you doing? Who were you with?



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Reflect on a time when you made using your imagination a regular part of your life.



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What are your favorite creative outlets?



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Turn a recent dream you had into a story with a clear beginning, middle and end.



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Write a poem about the greatest joy or the greatest sorrow in your life right now.



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Make a list of everything that inspires you. Everything from people, books, websites, quotes, art, music, nature etc.



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YOU DID IT!

What is your biggest takeaway from this lesson?

PREVIEW



IN THE NEXT LESSON, YOU'LL DISCOVER:

- ▶ Writing the Story of Your Life

