



JOURNALING FOR CREATIVITY TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING FOR CREATIVITY

▷ What 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.

▷ Benefits of Journaling for Creativity

We all have a creative side. Whether it's original creations coming from us, or our own unique way of adding flavor to something that already exists in the world, we all have a creative touch. A creative spark. One of the best ways to unleash it is through journaling. Journaling is where we can allow these sparks to be worked into fires. Where we can give them the attention they deserve as well as the freedom to be expressed. You may be surprised what is lying dormant within you right now waiting for the right channel of expression.

▷ How to Journal for Creativity

You have far more creative thoughts than you realize. The key is capturing them and then exploring and expanding on them. Most of them are lost because we don't write them down. Always have a journal with you, or make a note in your phone, and then in your journal time go deeper into that creative thought to nurture it and allow it to grow.



All forms of journaling help open up that creative channel. It's one of the wonderful benefits of the act of writing. When it comes specifically to journaling for creativity it's all about being free and allowing yourself to let loose and explore on paper.

Find a source of inspiration. Whether that be a passing thought, something in nature, music or art that inspired you, just start letting your pen wander. Allow all of your thoughts and inspirations to have that channel to be expressed. Do not second guess or overthink anything that comes out. Brainstorm ideas for things you would like to create. Things you would like to share with the world.

Here are some Journal Prompts to get those Creative Juices flowing:

Journal Prompts

- Do you consider yourself a creative person? Why or why not?
- What is your personal style? How can you add this touch in some way to more things in your life?
- 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?
- What creation is longing to be born through you?
- Think of a time when you felt especially creative, playful or free. Where were you? What were you doing? Who were you with?
- Reflect on a time when you made using your imagination a regular part of your life.
- What are your favorite creative outlets?
- Turn a recent dream you had into a story with a clear beginning, middle and end.
- Write a poem about the greatest joy or the greatest sorrow in your life right now.
- Make a list of everything that inspires you. Everything from people, books, websites, quotes, art, music, nature etc.



Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.

