



JOURNALING FOR CREATIVITY WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



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.

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.

Enjoy!

Christa Potter





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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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