

MONTH 1 – CREATIVITY
WEEK 1 - COMMITTING TO YOURSELF

INTRO

Creativity is born out of a commitment for greatness, beauty and inspiration. While it might seem that you are starting a process of writing in a journal for 365 days, you are actually making a commitment to yourself, to your creativity and greatness.

EXERCISE #1

The beginning is the most important part of the work.

Plato

How are you feeling right now? What do you think about committing to yourself and writing in this journal for the next 365 days? What are you hoping to get out of this process?

EXERCISE #2

Commitment unlocks the doors of imagination, allows vision, and gives us the “right stuff” to turn our dream into reality.

James Womack

What is a dream of yours that has gone unfulfilled? What would it be like for that dream to become a reality? Write it out in detail!

EXERCISE #3

Every new beginning comes from some other beginnings end.

Seneca

Now that you have made the commitment to yourself, what are you no longer willing to tolerate? Are you done with excuses? Are you done with not having time for yourself? Is there a thought pattern that you have about yourself that you are going to give up in order for something new and magical to arise?

EXERCISE #4

EXPRESS YOURSELF!

This is a free day for you to write about anything. What have you been up to? How are things going? What exciting things have been happening this week?

EXERCISE #5

There is great meaning in life for those who are willing to journey.

Jim England

Imagine you are taking an exciting journey. This journey is fully paid, has no budget and you can go anywhere. Where are going to go? What are you going to do? Write this all out in detail!

EXERCISE #6

It's so hard when I have to, and so easy when I want to.

Annie Gottlier

Imagine that your future self, a year from now is talking to you, telling you all the things you got out of doing this process for 365 days. What have you learned? What wonderful things have happened? Be sure to congratulate yourself for completing this process!

EXERCISE #7

APPRECIATION DAY!

Today, write down everything you want to acknowledge and appreciate yourself for this week. Make sure to be generous!

MONTH 1 – CREATIVITY
WEEK 2 – BOLD SELF EXPRESSION

INTRO

Throughout this whole process, you will be fostering and practicing your own self expression. This week, be bold on the page. Let your imagination fly. Express yourself and your unique voice in ways that surprise even you!

EXERCISE #1

The difference between try and triumph is a little umph.
Author Unknown

What is your self expression? Is it your work? Being a mother? Making people laugh? A hobby? Write down what it feels like when you get to express yourself in ways you love.

EXERCISE #2

What great things would you attempt if you knew you could not fail?
Robert H. Schuller

Think about this. Really. What would you attempt if you knew for 150% certainty that you would succeed? Let your dreams soar!

EXERCISE #3

Life is a great big canvas, and you should throw all the paint on it you can.
Danny Kaye

Imagine you are going to paint a painting. What would you paint? What colors would you use? Is there a particular painting style that you would use? Write out in detail what this painting looks like and what it makes you feel when you think about it.

EXERCISE #4

EXPRESS YOURSELF!

This is a free day for you to write about anything. What have you been up to? How are things going? What exciting things have been happening this week?

EXERCISE #5

Some days there won't be a song in your heart. Sing anyway.
Emory Austin

Today, you are going to write lyrics to your very own song! You are the only one who has to know this song exists. It can be one sentence or many. It can have a melody or just a beat. Make sure the lyrics inspire you. You might just find yourself singing this inspirational jingle for years to come.

EXERCISE #6

Tell me, what is it you plan to do with your one wild and precious life?

Mary Oliver

What is one wild, boldly self expressed thing you could do this week that would blow your mind? What does it feel like to think about that? How would you feel after you had done it?

EXERCISE #7

APPRECIATION DAY!

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MONTH 1 – CREATIVITY
WEEK 3 – MANIFESTING

INTRO

Put simply, manifesting works. Manifesting is believing and experiencing the benefits of things you want right now, even though they might not exist yet in reality. What you will find is not only will feel great because you are focusing on what makes you happy, the things you want will start to show up in the most unexpected ways. This week, you will practice manifesting!

EXERCISE #1

To attract something that you want, become as joyful as you think that thing would make you.

Martha Beck

What is something that you want? It can be an object or an experience. Write down what that thing is in detail and how it makes you feel to have it.

EXERCISE #2

The future belongs to those who prepare for it.

Ralph Waldo Emerson

Think of something you want to have. Is there anything you could do this week to prepare for that thing coming into your life? If it is new clothes, do you need to donate the old ones to make room? If it is a new job, do you need to update your resume? What could you do this week to prepare for the magical future waiting for you?

EXERCISE #3

There is no such thing as an idle thought. All thought creates form on some level. Every thought leads to either love or fear.

A Course in Miracles

Right now, write down thoughts that make you feel loving, happy and joyful. What is it like to have those feelings?

EXERCISE #4

EXPRESS YOURSELF!

This is a free day for you to write about anything. What have you been up to? How are things going? What exciting things have been happening this week?

EXERCISE #5

The best way to predict your future is to create it.

Abraham Lincoln

Think about the future five years out. What is your life like? Where do you live? Who are you with? What is your house like? Your car? Your body? Paint a very detailed picture of what it is like and how you feel.

EXERCISE #6

Life is like a mirror. Smile at it and it smiles back at you.

Peace Pilgrim

Right now, what do you want mirrored back to you in your life? If you want peace, where can you create peace in your life? If you excitement, what can you do to create that for yourself or for others?

EXERCISE #7

APPRECIATION DAY!

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MONTH 1 – CREATIVITY
WEEK 4 – IMAGINATION & PLAY

INTRO

This week you will dive right into your imagination and experience the joy of play and fun.

EXERCISE #1

Having fun is not a diversion from a successful life; it is the pathway to it.
Martha Beck

Write down all the many ways you like to have fun now. Is it an activity? Spending time with certain people? Write all this down.

EXERCISE #2

Life itself is the most wonderful fairy tale.
Hans Christian Andersen

Think of your life as a fairytale where you are the hero. Now write a short story of all the magical things that happen to you. You can go anywhere and everywhere. Maybe you have super powers, can speak five languages or are a trapeze artist? No matter what pops into your head, just write that down and go with it!

EXERCISE #3

I like nonsense. It wakes up the brain cells.
Dr. Seuss

Today, you are going to wake up your brain cells. You are going to write nonstop for 3 minutes. Start your timer and just write anything that comes into your head. No matter what, don't stop. Go, go, go!

EXERCISE #4

EXPRESS YOURSELF!

This is a free day for you to write about anything. What have you been up to? How are things going? What exciting things have been happening this week?

EXERCISE #5

People rarely succeed unless they have fun in what they are doing.
Dale Carnegie

Is there an area of your life where you aren't having that much fun? Is it when you pay your bills? Drive to work? Do dishes? What could you do to make that area of your life?

EXERCISE #6

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.
Joe Namath

Is there an area of your life that you don't feel very confident in? Imagine that you are now fully confident in that area and nothing can hold you back? What kind of fun can you have now?

EXERCISE #7

APPRECIATION DAY!

Today, write down everything you want to acknowledge and appreciate yourself for this week. Make sure to be generous!