

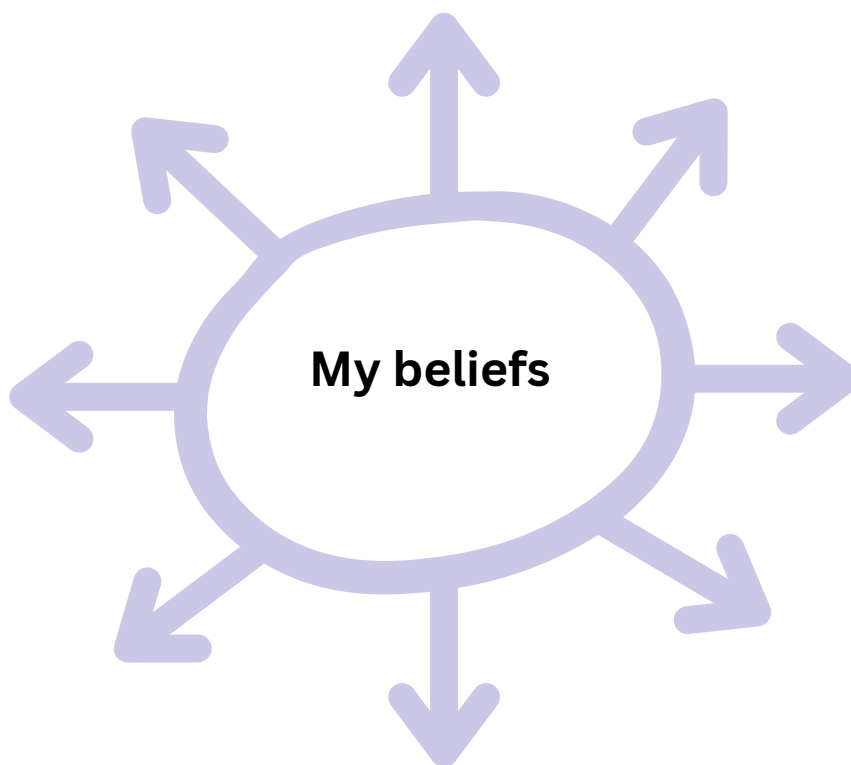
Unearth Your Creativity

Journal prompts inspired by
The Artist's Way by Julia Cameron

What does the word 'creativity' mean to you?

In what ways are you already creative in your life?

What beliefs do you hold about being creative? Write them down below (include both the positive and the limiting beliefs!)



When you spot a limiting belief, get curious about it and see if you can identify what is really behind the belief (e.g. is it masking a fear you have or can it be linked back to an unhelpful message from someone in your past?)

Now put those limiting beliefs to the test, for each belief ask yourself:

What is the evidence that it is true? Is it true all of the time?

Are there any assumptions that I might be making?

What is the evidence that it is not true?

What would happen if I let this belief go?

What would be a more helpful belief to take forward?

Who in your life has encouraged your creativity? How did they do that (was it something they said or did?) What can you learn from those who have encouraged you?

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What inspires your creativity? How could you bring more of this inspiration into your life?

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What creative activities would you like to try?

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What is stopping you from trying these activities? What action/s could you take to enable you to try out one creative activity this week?

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What creative project have you always wanted to bring to fruition? What is one small, achievable step you could take towards getting this project underway?

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