

Exploring Creative Possibilities Through Questioning and Journalling

What makes your heart sing?

Reflect on and journal about the following questions:

What do I enjoy doing? What do I love to do?

What brings me pleasure? When am I happiest?

Where do I spend my time? More importantly: Where would I like to spend my time?

What is something new I'd like to try? What am I drawn to?

What is something I'm curious or fascinated about?

What is something I enjoyed doing when I was a child? Or, at some other time in my life?

What gifts do I share with others that they appreciate and encourage me to do more of?

Do I have so many ideas but don't know where to start? Can I choose one and focus on that one for now?

What is an inner dream I have that I've been afraid to acknowledge even to myself?

If you journal using these questions as a starting point, you may be surprised at what reveals itself through your writing. Is there something that surprised you or have you found yourself writing about something you've always known was calling to you? When you are finished, set aside your journal and go on with your day. During the coming days, be open to reflecting on what you wrote. Be open to unexpected events or happenings that are reinforcing something that you wrote about, something creative that you'd like to incorporate into your life.

Beginning with just one of your ideas move forward.

You may want to do this exercise more than once.

Exploring Creative Possibilities Through Collage

Journaling works for some people to discover what they want to explore in terms of their creativity. For other people, they'd rather work with images. Here are some guidelines for creating a collage to find new things that you might want to do to explore your creativity.

1. As preparation, spend time over the next week or two looking for pictures that appeal to you, pictures that appeal because it's something that you'd like to do or something that you're curious about. Search through magazines or the internet for images. Don't question WHY you might be drawn to the images, simply rip them out or print them off and collect them in a large envelope or a box.
2. When you have amassed a large collection of images, you'll know when you have enough, gather the rest of the materials you'll need. You won't need much, a pair of scissors, an acid-free glue stick or jar of rubber cement and a piece of cardboard or mat board. You decide on the size. this may be determined by the number of images you've amassed, but also trust your intuition about how large or small this surface should be.
3. Find a quiet place where you can be with your images. Perhaps light a candle to set your intention to be open to your intuition and higher guidance.
4. Start playing with the images you have chosen. Lay them on top of each other or beside each other. Arrange and rearrange them until you come to a layout that you like. You might not use them all...just set aside the ones that don't feel right. You will know when your layout works for you.
5. Glue the images onto your mat board or cardboard.
6. Now spend some time quietly reflecting on what you have created. This is your creation. Something you have done for yourself.

What do you notice about the images on your board? Are you surprised or intrigued by what you see before you? How will you respond to your board? What do you want to do now? In creating your board, you have tapped into your creativity. What will you now do to connect to more of your creativity?