

YOU MATTER

6 creative prompts to jumpstart your creative flow.



1

Write your life story in 6 words. Now do it again. Can you do it for a week? Then try 6 sentences. Then 6 paragraphs. You get the picture.

2

Go to a small, local art gallery show. Introduce yourself to the owner, artist, another viewer. Use the time as a way to introduce yourself as an artist/creative being.

3

Let yourself sing whatever you want, wherever you want. Start with the kitchen while you are cooking. Sing your favorite songs or listen to classical music and tone over the top. Be a generous audience.

4

Go to the art supply store. Pick up something new to try, charcoal, pastels, punch needling. Watch some YouTube tutorials. Make something. Don't judge it.

5

Set some smaller monthly creative goals and one larger goal you work towards in 2024. They may change a million times, but in the act of goal-setting, you are making a commitment to yourself as a creative being.

6

Share your work. Take photos and send them to this group. Show us what you are awakening in yourself. Believe us when we are happy for you.

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