

JOURNAL PROMPTS

Creative Self-Care

Self-care you can make with your own two hands.

When did making something last make me feel more like myself?



What would I create if I didn't care whether it was any good?



Who first told me I wasn't creative, and do I still believe them?



What messy, hands-on thing could I try for my own enjoyment this week?



What creative thing did I love once that I'd like to return to?



What could I make this week as an act of love for myself?



When was the last time I played just for fun, and how can I do it again?



What activities make me feel most like myself, and how can I make room for one this week?



What have I always wanted to try, even if I'd be a beginner?



What project have I been waiting to feel ready for, and what's the first step?



Creative Self-Care

CUT ALONG THE DASHED LINES

NO. 1



*When did making something last
make me feel more like myself?*

NO. 2



*What would I create if I didn't
care whether it was any good?*

NO. 3



*Who first told me I wasn't
creative, and do I still believe
them?*

NO. 4



*What messy, hands-on thing could
I try for my own enjoyment this
week?*

NO. 5



*What creative thing did I love
once that I'd like to return to?*

NO. 6



*What could I make this week as an
act of love for myself?*

NO. 7



*When was the last time I played
just for fun, and how can I do it
again?*

NO. 8



*What activities make me feel most
like myself, and how can I make
room for one this week?*

NO. 9



*What have I always wanted to try,
even if I'd be a beginner?*

NO. 10



*What project have I been waiting
to feel ready for, and what's the
first step?*

