

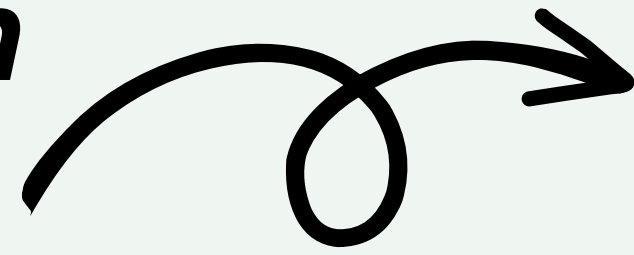
# The Process

**CHECK IN- one word**

*5 minutes of quiet stillness*

***Set your intention***

***Ask a question***



*15-20 minutes of art making*

*5-10 minutes of writing*

**CHECK OUT- one word**

Choose from the  
worksheet or  
make your own!

You may want to make a circle and note your inner critic or other “parts” of you that show up!

Remember to trust your impulses & the process  
and aspire to make this a safe place for YOU!