

1. Start by gathering your supplies and making the the space special with a creative ritual (i.e light a candle, turn on music, make yourself tea.)

2. Begin by taking 10 breaths.

3. Set an intention of what you hope to explore and write it down.

4. Mindfully create following your impulse for 20 minutes.

5. Give a voice to your art for 10 minutes. What would it say to you if it could speak?

6. Underline 3-5 key statements from the writing.

7. Title your creation and write it down.



STEPS FOR MINDFUL ART JOURNALING