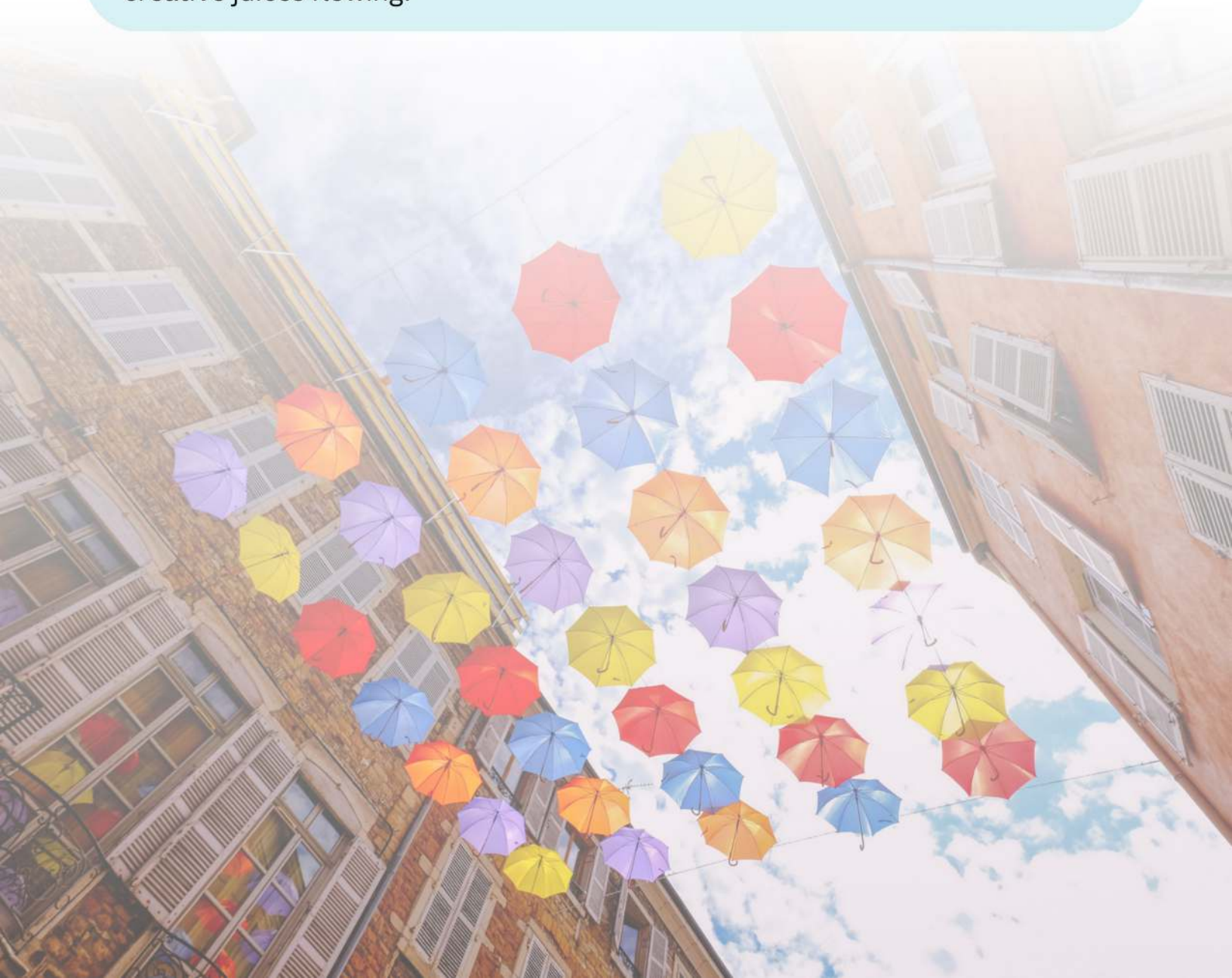


# CREATIVE

You enjoy writing! Your journal is a springboard for any of your creative projects. It's a place where you gather snippets of ideas, test out characters, or just allow your day dreams to run wild.

Creative types might feel constrained by a prompt and prefer to do whatever they want! That's totally fine - there are no rules. However, you can sometimes appreciate the challenge of a specific directive to get your creative juices flowing!



# THREE JOURNAL PROMPTS FOR CREATIVE TYPES

1

**Imagine you have a superpower.**

Write about a time in the past week when you were feeling that emotion.

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Think especially about how this superpower might make your life MORE difficult.

2

**Draw a shape or any kind onto your journal page.**

**For example :** an umbrella, kite, or house, or just a circle or square.



Write a poem that fits inside that shape.

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3

Choose an event from your past and write a memory about that time period using the prompt

It was a time when...

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Set a timer for 5 minutes and when the timer goes off, write THEN SUDDENLY and imagine that event had a different ending!

## SUPERCHARGE YOUR JOURNAL WITH THIS FINAL STEP

**Don't forget to go back and read what you have just written!!!**

Take a few seconds to use this information to help energize your next creative project. Add a sentence or two in your journal to capture:

As I read this, something that I am surprised by is...

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### CONTACT



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