



CREATIVITY JOURNAL

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CREATE AN ABSTRACT PAINTING OR DRAWING
THAT REPRESENTS AN EMOTION YOU'RE FEELING
TODAY. USE COLORS, SHAPES, AND LINES TO
EXPRESS THIS EMOTION WITHOUT RELYING ON
LITERAL IMAGES OR WORDS.



GO OUTSIDE AND COLLECT LEAVES, FLOWERS, AND
SMALL NATURAL OBJECTS. ARRANGE THEM INTO A
COLLAGE OR ARTWORK THAT REFLECTS THE
CURRENT SEASON OR MOOD OF YOUR
ENVIRONMENT.



RAFT YOUR OWN DREAMCATCHER USING A HOOP,
YARN, BEADS, AND FEATHERS. AS YOU CREATE,
REFLECT ON WHAT DREAMS YOU HOPE THE
DREAMCATCHER WILL INSPIRE OR PROTECT. WRITE
DOWN THE PROCESS OF CREATING IT.



**DRAW OR PAINT A SELF-PORTRAIT USING
FRAGMENTED PIECES (E.G., GEOMETRIC SHAPES OR
PUZZLE PIECES) INSTEAD OF TRADITIONAL FORMS.
THINK ABOUT HOW EACH PIECE REPRESENTS A
DIFFERENT ASPECT OF YOUR PERSONALITY.**



CHOOSE TWO OPPOSING CONCEPTS (E.G., NIGHT AND DAY, CHAOS AND ORDER) AND CREATE A SINGLE ARTWORK THAT BRINGS THESE OPPOSITES TOGETHER. HOW DO YOU VISUALLY EXPRESS THE CONTRAST BETWEEN THEM?



Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

Follow us on Instagram: @careershodh

**Visit our website for more resources:
www.careershodh.com or PsychUniverse.com**

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!

