

EXPLORE

Finding activities that make you feel alive



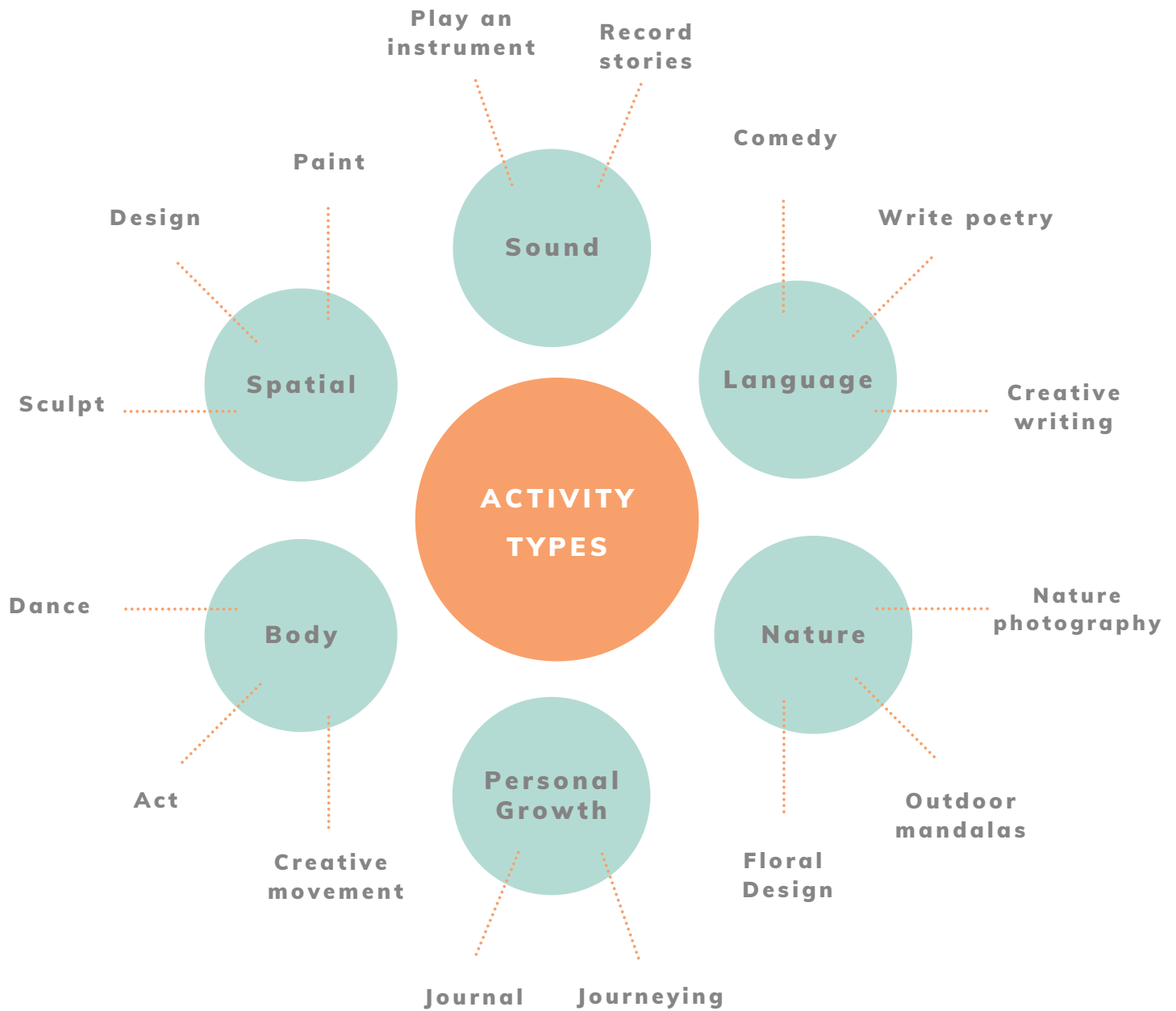
INSIDE THIS WORKSHEET:

Journal
(7 minutes)

WARM UP

This journaling exercise is a deep dive into exploring activities that you can use to express yourself. If you already have some ideas of what you want to do feel free to skip this and move to the "Getting Started" worksheets.

Journaling can help you recognize your own feelings, discover your values, and lead yourself with wisdom and heart on your creative journey.



What you need: A timer + a pen

Answer the questions below intuitively. Check in with your heart and gut to find the answers. Feel free to skip ahead once you've found answers that click, this is simply a tool to help you explore and develop the mindset you'll need for your practice.

What feels like play to you? (1 minute)



When have you experienced flow in the past (Example: lost sense of time because you were in the midst of a certain activity)?

What about that activity captivates your interest and excites you?

What would you choose if you didn't care what anyone else thought (including the intellectual side of yourself)?

If you had to do something everyday for the rest of your life, but you could choose it, what might that be? Bonus points if it takes you out of your comfort zone!

How do you want to be remembered?

What medium do you want to use to tell the story of your life right now? Which of your senses would engage with it most strongly?

Your creative expression habit supports the whole you, especially the messy parts.

You're doing great!

Next steps: the Getting Started worksheet in my resource library

Sign up for my newsletter to access everything in my resource library plus bonuses. You'll find ALL the worksheets at: www.habitrefresh.com/resources

I'm honored to have been a part of your process. Share pictures/video of you doing your process with #habitrefresh, don't forget to tag my instagram @habitrefresh so I can share it with others for inspiration!

I believe in you and the fresh mindset you're developing!

Sending love,

Tina

