



A Practical 10 Day Exploration of Creativity & Wellness

The daily writing is the 'small picture', intended to record each day's creative activity. The writing at the beginning and end of the ten days is the 'big picture', which will give you a sense of where you started and how far you move from that point.

How do you feel right now? Be thorough: write down how you feel physically, emotionally; what you're worried about; what you're happy about; and anything you really want to change at the moment.

Set the intention to do something creative every day for the next ten days. Depending on the kind of creative practice you choose, you might work on one project, a little bit at a time, each day; or you might make something completely different every day. Write your list below:



A Practical 10 Day Exploration of Creativity & Wellness

At the end of each day, spend a few minutes writing in your notebook. This in itself is a creative practice, so enjoy! Write down how your creative endeavor made you feel each day, and how you feel in general.

Once you have completed each day, check it off.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

When you reach the tenth day, sit down with your notebook again or use the space below and, just as you did at the beginning, write a detailed account of how you feel.

Ten days isn't a long time at all, but I'm willing to bet that what you write at the end will be significantly changed from what you write at the beginning.

Julie xxx



Some Natural Solutions To Help Inspire Creativity

It's no secret that I am a passionate essential oil user. Below are some of my personal favourite oils that help me on a day to day basis as a creative to manage emotions, stay motivated, positive and inspire creativity.

- **Bergamot** – Fruity and sweet, it reduces stress, anxiety and apathy.
- **Frankincense** – This spicy oil calms and soothes the whole body and mind.
- **Jasmine** – Deliciously fragrant, it produces feelings of calm, confidence, optimism and euphoria.
- **Cypress** – eliminates mental fog and nervous tension
- **Orange Citrus** – stimulates joy, eases anxiety and worry
- **Eucalyptus** – boosts enthusiasm, creativity and mental acuity
- **Lavender** – enhances mood, induces relaxation
- **Peppermint** – invigorates the mind, promotes concentration
- **Clary Sage** – increases intuitive powers, inspires higher consciousness
- **Rosemary** – improves mental clarity

How does it work?

Inhalation: When aromas are inhaled they reach the olfactory bulb at the top of the nose, which is an extension of the portion of the brain called the limbic system. The limbic system is composed of structures that deal with emotions, memories and stimulation, and it is there that essential oil molecules can trigger an emotional shift.

Absorption: Essential oils can also be absorbed into the bloodstream through the skin. As the oil circulates through the body's bloodstream it is delivered to the brain.

CLICK HERE TO ORDER **100% THERAPEUTIC GRADE ESSENTIAL OILS**
+ SAVE 25% OFF RETAIL