



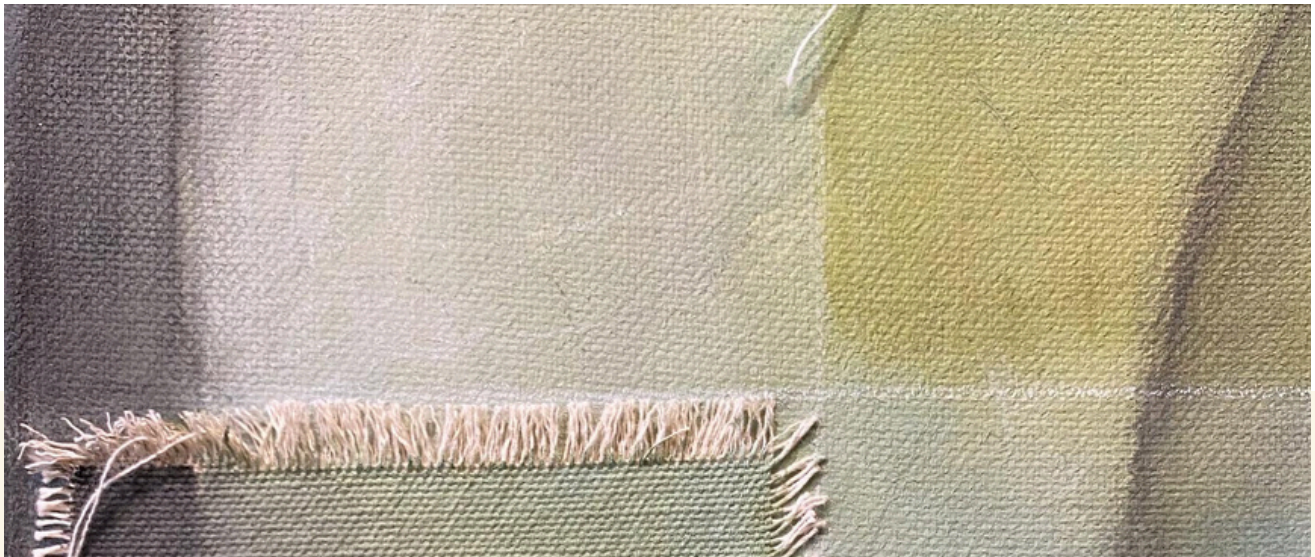
24

# Mini Creative Retreat Ideas



In as little as 5 to 20 minutes,  
you can sprinkle your days  
with bits of creativity.

BY WENDY MEG SIEGEL



## A few words to begin...

Looking for ways to infuse your days with the energy of creativity?  
Trying to fit a little time for creative pursuits into your busy schedule?  
Don't feel like you have the time and opportunity to fully immerse  
yourself in your artistic passion?

These mini creative retreats provide brief interludes for stepping away from your should's, must's, and to-do's. The act of stepping into a creative space can have a powerful impact on your sense of fulfillment and overall wellbeing. Whether you have just five minutes to spare or can carve out a more substantial block of time, these mini retreats can be a valuable tool for fostering your creativity and nurturing your soul.

The ideas listed here, are for you to begin filling your days with creativity and finding new inspiration. The amount of artistic experience you've had plays no role in any of these activities. These 24 mini retreat activities are shared to help promote self expression, exploration, and to spark creativity. So, take that creative timeout and light up your mind and your spirit. And you can do so in as little as 5 to 20 minutes.

## And...

**An Added Note:** You may want to keep a creative journal nearby as you go through this list. Your journal becomes a place to store writings, drawings, and doodles... and for recording thoughts, observations, aha's, and notes... along with ideas for future projects and activities. In choosing a journal, you might consider how you are likely to use it, what size would be most comfortable, and whether the paper can handle the materials you would enjoy using. You may already have one at home that fits your needs.



# 24 Mini Creative Retreats

listed in no particular order

1. Create a 5 - 10 minute drawing or doodle, adding words if you like. This can be a once in a while activity... OR... consider keeping a Drawing Journal or Doodle Diary to regularly express how you feel in the moment.
2. Do you have a local park? Take some time to walk through the park and use your awareness to notice the colors that stand out, the shadows, and reflections that catch your eye. What sounds are you hearing? Feel the path, grass, pavement beneath your feet and the air on your face. No local park? Then go for a walk on your street, neighborhood, or downtown.
3. Take yourself on a field trip to the local art supply store. Allow yourself to get inspired by all the wonderful creative tools. Or better yet, buy yourself a gift of materials you are most likely to use. Can it be taken out, left in place, cleaned up easily? Is this something that can be used for a 10-20 minute creative retreat?
4. Get inspired – read from a book about, or by, a creative person you respect or admire. (an artist, writer, choreographer, composer, etc.)
5. Take a break – while you are out running errands, stop in to a local gallery, for 10 minutes or so, to view their current exhibit.
6. Visit the library for inspiration. Look through art, photography, and other books to stimulate creative energy and ideas.



7. Take 5 minutes to dance and get your energy flowing. This is an ideal way to break up the day if you spend much of the time on the computer. If you work from home, this is much easier to do. And if you can't find the space and time to dance alone, then dance with your family.
8. Draw to music for 5 or 10 minutes. Without thinking, allow the shapes and colors to just develop with the movement of the music.
9. Choose either a subject, a word, or a situation and write a poem or paragraph just for the fun of it. See what you can write in 5 or 10 minutes. Make it creative or heartfelt or clever or silly.
10. Watch children at play or better yet, play with them. Step into their world of imagination.
11. Or just take your inner child on an outing and see things through a child's eyes, the child you once were that still lives within you.
12. Get a large sheet of drawing or mixed media paper. Write on it, draw on it, doodle on that page for 10 or 20 minutes at a time, adding to it regularly (for 7 days, 20 days, 30 days?). Let loose. Allow yourself to be in the moment. Use whatever tools you have on hand. Fill it with color or keep it black and white. Use only words, no words, or combine words and imagery.
13. How about some kitchen creativity? Choose 5 foods/ingredients from your refrigerator or pantry and make a meal with them, something you've never made before. Enjoy the challenge.



14. Explore various creative works in a specific art form. Notice what about them speaks to you, what do you like, what has you saying ooh!! (photography, artwork, music, choreography, poetry, etc.) You may choose the works of one creator or several.
15. In as little as 5 minutes, visualize yourself creating. If you had the tools and materials to create anything you want in this moment, what would you choose to create? What would you like to create in your life? Visualize that.
16. Walk down a street you've been down many times. But this time make believe it is your very first time there. See things as if everything is fresh and new. Is there anything you haven't noticed before?
17. Take note of your dreams. Turn a dream around, either by recreating it, changing the ending, continuing the story, or changing any aspect of it to make it more of what you would like it to be. Play with it. Maybe create something around it?
18. Children's books are a great source of inspiration and renewal. Our minds are so cluttered with adult tasks, pressures, expectations and personal business.

Take a short holiday and read one or more children's books. You might choose a beloved favorite that brings you back to your own childhood or a new delightful book that enables you to access your inner child. Reading children's picture books can soften the heart, put a smile on your face and allow you to slow down your breathing. This is the perfect inner space to begin your own creative explorations.



19. Go on a short walk through your neighborhood with your camera or phone. Take closeup photos of the textures, shapes, colors, and interesting details that can be found nearby. Zoom In and view the world through a close up lens.
20. Experience something new, maybe even out of your comfort zone. Do something you have never done or go somewhere you have never been before. Use materials you don't normally use or spend time in a way you are not accustomed.
21. Write a letter of appreciation to something that was once important in your life. Such as: the house you grew up in, your first car, your childhood pet, a favorite piece of clothing that went everywhere with you.
22. Look through a magazine and choose one image that you are drawn to. What word or phrase comes to mind when you look at it? You may want to add this to a creative journal and repeat the task daily, weekly, or periodically.
23. Choose a magazine page to either cut or rip into pieces. It can have any amount of images and words. Now glue them down in any arrangement in your creative journal or individual sheet. You might use elements from either side of the magazine page or stick with the side you originally chose.
24. Day Dream. Find a quiet place and let your imagination run wild. See where it leads you... and enjoy. It's amazing how far your imagination can take you.
25. What other ideas would you add to this list to create a mini creative retreat for yourself?



*Hope you have found this helpful.*

Wendy Meg Siegel is a mixed media artist who utilizes raw canvas to create structure, layers, and texture in her paintings. Her work is inspired by spiritual concepts and ancient wisdom, often evoking a sense of peace and healing in those who view it. Wendy's dedication to sharing her art and creative journey is an inspiration to others, encouraging them to explore their own relationship with creativity.

In addition to her artwork, Wendy has published two gratitude journals, “The Gratitude Habit” and “Parenting the Gratitude Habit.” These journals offer a simple yet powerful tool for cultivating greater joy and happiness in everyday life. Wendy is also one of the co-authors on the International Amazon best seller, [The Creative Lifebook](#).



## Art, Inspiration, & Creativity

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