

CREATIVE FREEDOM TOOLKIT

CREATIVE FREEDOM JOURNAL

DISCOVER AND NOURISH YOUR
CREATIVE POTENTIAL



WWW.CREATIVECOACHGLOBAL.COM

MY CREATIVE FREEDOM JOURNAL



SEVEN DAYS OF JOURNALING TO
UNLOCK YOUR CREATIVE FREEDOM

CREATIVECOACHGLOBAL



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WELCOME!

This is exciting - You've downloaded this kit because you are ready!

- Ready to move out of being stuck
- Ready to step into your creative potential
- Ready to discover what you can do when you allow yourself to be your wonderful, naturally creative self

You're ready for this, and I'm here to help!

Caroline x



REMEMBER!

You are naturally and abundantly creative and I'm here to help when you are ready to take big steps towards unlocking your creative freedom - Let's talk!

[I'm Ready!](#)



ABOUT THE AUTHOR

*Hi, I'm Caroline,
I'm an artist and coach. I work with
people who want to discover and nourish
their creative potential so that they can
feel empowered, productive and
experience the creative freedom they
deserve. Welcome to this seven-day
journey to kick-start your creativity and
unlock your creative freedom!*

Caroline x

I'm a creative coach passionate about helping people from all over the world unlock their creative freedom and live more expressive, connected lives. With over two decades of experience in the creative sector, my practice spans across visual arts, consulting, facilitation and coaching.

My journey began in Scotland in 1999, where I studied Art and Design and first discovered the power of community art. Since then, I've remained deeply involved in exploring the intersection of creativity, community, and personal growth.

After earning a degree in Fine Art in 2012, I co-founded Orchard Rd Studios in the North East of Scotland, and worked as a studio artist exhibiting and participating in residencies and projects. I hold a Master's Degree from the Glasgow School of Art, and my consultancy work blends socially engaged art practices with human-centred design to spark lasting change.

Over the years, I've worked in partnership with artists and organisations on projects that support communities in rediscovering their creative voice and using it for personal and collective transformation.

I am passionate about the transformative potential of the creative process for both communities and individuals.

As a creative coach, I distil my years of personal experience as a practising artist with the applied creative thinking models I have learned and developed as a coach and consultant.

I'm also a runner, gardener, and nature lover, firmly believing that creativity flows best when we're grounded, inspired, and connected to the world around us.

I've created this kit as an invitation for you to explore your own creative path. Through journaling, reflection, and encouragement, I hope to help you step into your full creative potential and experience the freedom, joy, and fulfilment that comes with it.

When you're ready to take the next step and make big progress towards your creative goals, I'm here to be your guide with an individualised programme.

LET'S TALK

Caroline x



REMEMBER!

“

You are unique in all the universe, and the world is waiting for your creativity to unfold!



SIGN UP FOR MY EMAIL NEWSLETTER!

Lets keep in touch!
If you'd like to become a part of a
growing community, I'd love to
have you on board.

My newsletter will keep you up to
date with any offers, masterclasses,
tools, resources and coaching
programmes.

NEWSLETTER

THE INVITATION

**THIS STARTER KIT IS AN INVITATION TO
BE CURIOUS AND SEE WHAT'S POSSIBLE
WHEN YOU SPEND JUST A FEW MINUTES
EACH DAY NURTURING YOUR CREATIVITY.**

The kit includes:

- This Creative Freedom Journal - a space for you to capture your reflections and be encouraged.
- Seven days of creative freedom desk cards with a coaching question for each day - Remember to print out the cards, fold them and have them in your work space or somewhere else you will see them as a daily reminder of your natural, wonderful, abundant creativity!
- A one-page creative project planner - At the end of the week, fill out your creativity planner to kick-start your next creative project, and you're ready to go!

And if you're ready for
more support



LET'S TALK

"My creativity is natural and uniquely mine."

Day 1

*You don't need to earn or prove your creativity
You can simply allow it.*

**Q. How does your creativity already express itself naturally
in your everyday life?**







KEY TAKEAWAY...

"I give myself full permission to explore,
express, and enjoy my creativity."

Day 2

You have permission to explore and enjoy your creativity.

Q. What is one way you can give yourself permission to be creative today?



Use this space to explore the idea of giving yourself permission.





THE ONE THING I WILL DO IS...

"I am safe to create without fear,
judgment, or comparison."

Day 3

*There is only one you in the world. Your unique voice is
welcomed and celebrated.*

**Q. What might be possible for you if you let go of fear,
judgment and comparison?**







KEY TAKEAWAY...

"I am worthy of taking time for my creative self."

Day 4

Nurturing your creativity is not selfish. It's essential in supporting your wellbeing.

Q. What is one way creativity supports your wellbeing?







KEY TAKEAWAY...

"My creative blocks are invitations to
reconnect with myself."

Day 5

*You can grow and learn more about yourself by noticing
where you get stuck creatively. Creative blocks are an
invitation to get curious!*

Q. How is your creativity calling you to grow today?







KEY TAKEAWAY...

"I trust my intuition and honour my
unique creative curiosity."

Day 6

*You instinctively know what and how you want to create, and
you can trust your instincts and curiosities.*

Q. What would you create if anything were possible







KEY TAKEAWAY...

"Every small act of creativity builds my confidence and unlocks more freedom."

Day 7

You can make progress without perfection. You don't have to be skilled, talented or special to start creating. Take action and you will make progress!

Q. What is one small action you can take today?







MY ONE ACTION IS...



“

"NO SEED GROWS EXCEPT
BY BREAKING THROUGH
ITS OWN PROTECTIVE
COAT."

- JUDY BROWN

YOUR KEY TAKEAWAYS

Congratulations on completing seven days of creative journaling. Use this space to summarise your insights - Use the key takeaways from each day.

You've done it!

You've made a start.

You're on your journey to kick-start your creativity and unlock your creative freedom!

Time to celebrate by filling out your one-page creative project planner!

And remember if you need more support, I'm here to help.

WORK WITH ME

Caroline x



01

02

03

04

05

06

07



TAKE ACTION

If you'd like to help others find and benefit from this free starter kit, here are a few ways you can spread the word.

WRITE A TESTIMONIAL

“ Share your experience
using the prompt

“I started feeling.....
and now.....”

SHARE ON YOUR SOCIALS

Here is the link!



FOLLOW ME



If you've found this starter kit valuable, I'd love to know. Drop me a message and let me know how it's helped!

FIND OUT ABOUT MY COACHING PROGRAMME

WORK WITH ME

TESTIMONIALS

WHAT PEOPLE SAY



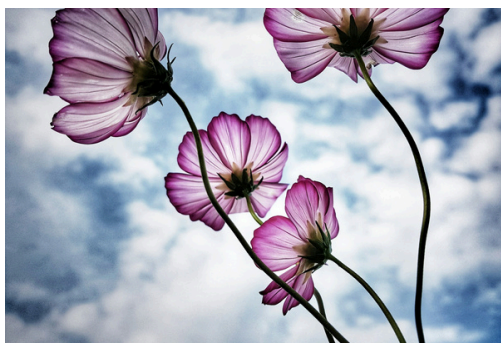
"Thanks Caroline! You've really simplified things. Your kind demeanour and approach make it a very safe environment".
A.C.



"Thanks for this wonderful course. Creativity is everywhere in everybody. It is already part of who we are. We have permission to be creative. We can express it in many ways. There are great lessons here to explore and learn and grow with". B.



"I can hardly believe that two coaching sessions have made such a difference to me! I feel happy and so much less anxious than before, and have stopped being so hard on myself" D.M.



"Caroline guided me and helped me identify manageable goals, which gave me the courage to take my next steps. I had such a positive experience with Caroline that I would be more than happy to recommend her coaching services to friends, family, and anyone who asked!" K.L.

CONTACT

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