

Seven Days of Creative Freedom

Welcome to seven days of creative freedom!

Cut and fold each of these cards and place them in your workspace. They remind you that you are naturally and abundantly creative. You're free to create and move toward your creative goals!

Be curious! See what happens when you spend just a few minutes each day reflecting on the coaching question. You can use *The Creative Freedom Journal* for more in-depth reflection time, or simply use the inside of the card to jot a few notes. At the end of the seven days, fill out your *One-Page Creative Project Planner* and get ready to unlock your creativity!

I'd love to see how you use your desk cards! Take a photo and tag me on Insta @creativecoach_global #creativefreedom

When you're ready to discover your true creative potential and unlock the empowered, productive creator you were born to be, I'm here to support you every step of the way - Let's work together!

Caroline x

I'm Ready!

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

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

Day 1

Day 1

"My creativity is
natural and
uniquely mine."



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Day 2

"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?



Day 3

"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?



Day 4

"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?





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

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

Day 5

Day 5

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



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Q. What would you create if anything were possible

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

Day 6

Day 6

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



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

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!

Day 7

Day 7

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



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