



Creative Self Visualization: Journal Questions

1. What did you notice about the studio space (e.g. size, colours, supplies, tools)?
2. What kinds of activities go on in there?
3. What creative project was on the go?
4. What did you notice about Your Creative Self (e.g. expression, clothing, mood)?
5. What did Your Creative Self want you to know?

The "Your Creative Self" Visualization is brought to you from Jamie Ridler Studios, where creativity comes to life.

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6. What was Your Creative Self's advice for making her a great part of your life? How can you nourish this relationship?

7. What was the question in your heart?

8. How did Your Creative Self respond?

9. What gift did Your Creative Self give to you?

10. What's the one thing you want to remember from this visit with Your Creative Self?

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