

Reflection Sheet (Instructions)

Exercise (Lesson 3)

Visual Journaling

One creative exercise you can try is visual journaling, a combination of writing and artistic expression that allows for self-reflection and exploration. Here's how to get started:

- 1. Gather Your Supplies:** Gather a journal or sketchbook, along with your favorite art supplies such as markers, colored pencils, watercolors, collage materials.
- 2. Set an Intention:** Take a few moments to set an intention for your visual journaling practice. What do you hope to explore or express through your creative journey?
- 3. Reflect and Write:** Begin by writing freely in your journal, reflecting on your thoughts, feelings, and experiences. Use this as an opportunity to express yourself honestly and authentically.
- 4. Illustrate Your Words:** Once you've written down your thoughts, allow them to inspire your artistic expression. Use colors, shapes, and images to bring your words to life on the page, letting your intuition guide you.
- 5. Embrace the Process:** Approach visual journaling with an open mind and heart, allowing yourself to explore and experiment without judgment. Let go of any expectations and simply enjoy the process of creation.
- 6. Reflect and Respond:** After you've finished your visual journaling session, and using the reflection sheet we have created for this exercise, take a moment to reflect on your creation. What insights or emotions arose during the process? How can you use this practice to cultivate greater self-awareness and creativity in your life?

