

Developing a Daily Creative Ritual

This worksheet is meant as a gentle prompt.
It can support you in developing a small daily creative ritual.

Small enough to stick with it. Open enough to avoid boredom.

1. Time

- How much time can I realistically invest?
 - 5 minutes
 - 10 minutes
 - 15 minutes
- When could this moment fit well into my day?
 - morning
 - during lunch break
 - evening

2. Content – what do I do in this short time?

- scribbling, doodling, drawing lines
- free mark making
- drawing or painting recurring forms or shapes
- drawing or painting observations from my surroundings
- collage
- journaling
- other: _____

What matters is that it stays playful and carries no expectation of a finished result

3. Putting together a small set

A fixed, small set can help keep the entry barrier low.
Everything is in one place. It takes up very little space.
You can easily take it with you, when travelling or on the go.

- What could be part of my small set?

- small bag / pouch / pencil case
- small sketchbook or notebook
- individual cards or loose sheets
- one or two pens or pencils
- other: _____

4. Paus & Reflect

From time to time, consciously take a moment to look more closely.

- What do I enjoy working with most at the moment?
- What feels light and easy?

Follow this path.

If things start to feel difficult or boredom appears:

- What could I change so that I keep going?
 - different material
 - different format
 - shorter time
 - a new playful approach

Do not stop. Adjust instead.

This ritual is allowed to change.
It is an invitation to stay connected with yourself and your creativity.