

Worksheet 2: Your Creative Energy Flow

Purpose: Use this tracker to observe when you feel most creative and what factors influence your creativity.

Date	Creative Activity	Time of Day	Energy Level Before (1-10)	Energy Level After (1-10)	Notes

Reflection questions:

1. When do you feel the most creatively energised?
2. What activities or habits support your creative flow?
3. Are there times when creativity feels forced? What might help ease that pressure?

Worksheet 3: The Art of Pausing

Purpose: Slowing down allows creativity to breathe. Use this worksheet to explore how taking breaks can improve your creativity.

1. How do you currently feel about pausing in your creative process? Does it make you feel anxious or unproductive? Why?
2. Describe a time when stepping away from a project actually helped you return with fresh inspiration. What changed?
3. List three ways you can incorporate more intentional pauses into your creative process (e.g., going for a walk, meditating, switching mediums).

Worksheet 4: Your Slow Creativity Ritual

Purpose: Design a slow, nourishing creative routine that makes space for inspiration to flow naturally.

Step 1: Setting the Scene

Where do you feel the most creative? How can you make that space more inviting?

What tools, textures or scents make you feel at ease while creating?

Step 2: Soft Rituals to Begin

What small, grounding ritual can you do before creating? Examples include making a nice cup of tea, stretching, lighting candles.

Step 3: Practising Presence

How can you focus on the process instead of the outcome? Examples include working without judgement, free writing, doodling.

Step 4: Gentle Closing

How will you end your creative time in a way that feels soft and satisfying?

Worksheet 6: Creative Inspiration Bank

Purpose: Slow creativity thrives when you nourish yourself with inspiration. Use this worksheet to create an "inspiration bank" you can return to when you need ideas or motivation.

Type of Inspiration	Where to find it	Why it resonates
Books		
Music		
Nature		
Films/Shows		
Conversations		
Art		
Photography		

Reflection questions:

1. What environments, sounds, or experiences spark your creativity the most?
2. How can you engage more deeply with these sources of inspiration instead of consuming them quickly?

Worksheet 8: Designing Your Ideal Creative Day

Purpose: Imagine a day where you engage with your creativity in a way that feels natural, unhurried, and fulfilling. Sketch it out below.

Morning - How do you ease into creativity? Do you start slow or dive in straightaway?

Midday - What practices keep you connected to inspiration throughout the day?

Evening - How do you close your creative time in a way that leaves you feeling nourished?

Reflection question:

1. How can you bring small elements of this ideal creative day into your everyday life?

Worksheet 9: Letter to Your Creative Self

Purpose: Write a letter to your creative self, offering encouragement and reassurance. Here are a few sentence starters to help:

Dear [Your Name]

I want you to know that creativity doesn't have to be rushed...

It's OK to take your time because...

Some of my favourite creative moments have been when...

I promise to honour my creativity by...