

MAKE A BOX OF INSPIRATION

Nurture your own creative self with a Box of Inspiration, full of affirmations, wishes, dreams, creativity prompts, visual and/or written notes to yourself. Start with a cardboard box or a shoebox and cover it with various papers. If it helps you to begin use a theme that is significant for you. For example, flowers or gardening, reading or hiking, favorite dances or songs, bright or subdued colors, the beach or the mountains, etc. Decorate and collage your box to make it your own. Have fun!

Inspiring prompts or reminders to put inside your box:

Write a haiku poem (5, 7, 5 syllables)

Research one of your favorite artists

Listen to music

Renew your sense of wonder

Visit a garden

Visit a museum or art exhibit

Use colors that are new to you

Expect miracles

What makes you happy?

Who are you?

Take the road less traveled

Complement yourself today

Gaze at the sky

Have faith

Paint your nails and toenails different colors

Make a design using only your initials

Create your own flag