



35 Playsheets:

Daily Doodling with Guided Visualizations to Growth into Your Creative Power

1. **Intro**

- Goal Setting: Setting the Stage
- DREAM: Five Reminders for Your Doodling Journey
- 3L's: Three Core Agreements

2. **Week 1: Reconnecting with Creative Self**

1. Sensing Lines (SAMPLE)
2. Befriending Inner Critic (SAMPLE)
3. Visioning Creative Growth (SAMPLE)
4. Mapping Self (SAMPLE)
5. Mental Magic
6. Feel Feelings

3. **Week 2: My Relational Creativity**

7. Ethics, Values, and Boundaries
8. My Listening Qualities
9. Influencing with Presence
10. Honest Expression
11. Tention Teachers
12. Reciprocal Inspiration
13. Trust Bandwidth

4. **Week 3: My Creative Power in Community**

14. Energetic Awareness in Community
15. Get Raw with Communal Limits

16. Rise Above Self-Sabotage Collectively

17. Intersectional Superpowers

18. Disciplined Creativity in a Community Chaos

19. Community's Belief System Evolution

20. Operating from the Community's Highest Self

5. **Week 4: Creating Culture**

21. From Habitual Consumption to Creating Culture

22. Preserving and Adapting Tradition

23. Hues in Diverse Cultural Wealth

24. Poetry in the Cracks

25. Creative Patience in Rapid Times

26. Nurturing Creative Leaders

27. Grateful Creativity

6. **Moving Forward: Expanding My Creative Energy**

28. Overall Mindset Shifts

29. Morning Spill

30. Moonlit Whispers

31. Creative Space for Creative Habit

32. My five go-to Creative Wizards

33. Promise Less, Commit More

34. Practice Track Sheet