



The Monthly ARTstarters Journaling and Creativity Calendar

The Month of Possibility!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Does January 1st seem like it was so far away? Where did your chance for a fresh start go? In reality, every day, and every moment, can be a new start! The most creative people see life as an opportunity to ask questions, try new things, be curious and use imagination! Studies show that focused daydreaming can lead us to INSPIRATION! Challenge yourself to daydream every day about new possibilities and do as many of the journal prompts this month as you can!</p> <p align="center">Share your insights at: www.Facebook.com/ARTstarters</p>					<p>Write for 10 minutes about a perfect day you would love to live in the future.</p>	<p>Imagine your perfect day. Write three characteristics that describe YOU in that day.</p>
<p>Write one thing you can do this week or month to bring your daydreams into your NOW.</p>	<p>Imagine your perfect day. Draw images to remind you of it, even simple, sketchy doodles</p>	<p>Write, dance, paint or sing a prayer expressing gratitude for all the possibilities you have in life.</p>	<p>Cut out words from magazines that remind you of your dreams.</p>	<p>Cut out images from magazines that remind you of your dreams.</p>	<p>Copy artwork created by a child. That's right - fingerprint and scribble!</p>	<p>Write a poem to God expressing gratitude for <i>His</i> Mindset of Possibility</p>
<p>Drink or eat something you have never tried before. Draw or write about it.</p>	<p>Daydream about something you want to create one day. Sketch it out.</p>	<p>Daydream about what it would feel like to fly and where you would go. Draw it!</p>	<p>Choose a word you cut out (above) and draw it.</p>	<p>Choose an image you cut out (above) and write about it.</p>	<p>Choose an image you cut out. Paint it, sing it, dance it or write a poem about it.</p>	<p>Write a poem to God expressing gratitude for <i>your</i> Mindset of Possibility!</p>
<p>Go somewhere you have never been or do something you have never done before. Draw or write about it.</p>	<p>Imagine a list of impossible solutions to all of your problems.</p>	<p>Imagine a list of impossible ideas that you would love to see happen.</p>	<p>Look through photos of yourself over time. Copy and write about any that speak to you of your strengths.</p>	<p>Draw or journal about something you liked to do as a child. Schedule a time to try it again.</p>	<p>Create yourself as a superhero paper doll! What are your special powers?</p>	<p>Create a Mind Map of Possibilities for your life!</p>
<p>Imagine yourself in a day where you are your BEST self. Go for a walk as that person. Go through the rest of your day as that person!</p>	<p>Go through the rest of your week as the person you imaged yesterday. (The rest of your life)</p>	<p>Imagine you could choose any career and be wildly successful! Draw or write about it.</p>	<p>Drive to work using a new route! Be curious as you drive. Draw or write about it.</p>	<p>Draw or find a picture of a new pair of shoes. Imagine a day in those shoes. Where would you go and what would you do?</p>	<p>Look at the journal pages you created this month. Imagine jumping right into one and having a good time.</p>	<p>Create a Possibility Poster or Collage Card with images, words and pieces of journal pages from the whole month.</p>

Join a Creativity Circle and have the support of a group cheering you on! Visit www.theARTbar.net