

# UNCOVER



Begin by making a list or creating a collage of all the activities you wish to explore and try out in your future PLAYDATES!

THIS part of the process is all about uncovering your creative desires, curiosities and what feels playful to you.

Remember you're in the brainstorming phase, so let yourself have fun with writing different possibilities down, knowing you don't have to decide just yet what you'll focus on for your first few playdates.

You can use the questions below and on the next page to support you with brainstorming or SKIP over to the PLAYLIST sheet to get started.

## Creative cravings

These are the activities and art that you notice yourself seeing or reading about and thinking “that would be cool to try”. Creative cravings are these urges that bubble up in you and try and nudge you toward expressing yourself and your creativity. These are the ideas you keep coming back to in your mind or notebook and fantasize about pursuing.

## Questions to help you unearth your cravings

What ideas, art and stories are inside of you that you have an urge to share and let out?

What kinds of creative activities have you ALWAYS wanted to try, but told yourself “I don’t have time” or “I’m not creative enough”?

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## PLAY-Filled Insights

What were your favourite ways to play as a kid?

What activities allow you to feel playful now?

Just imagine

If you had a month-long sabbatical and all your expenses were paid for, meaning you didn't need to worry about money or making it, how would you spend your time?

If you were in your dream creative studio and you had all of the supplies and tools you could imagine, what would you create and make in this studio?

# MAKE YOUR PLAYLIST

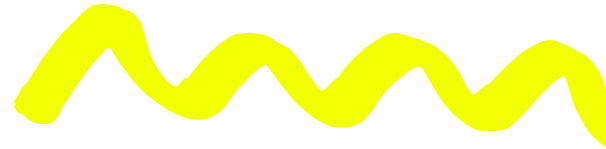


PHEW.....YOU DID IT! NOW.....Let your ideas REST...

Come back to your collage or list after taking a break and notice any common themes.

Pick 1-2 activities that score an 8-10 on the excitement scale for you...  
1=meh/boring and 10=OMG I MUST TRY THIS!!!

# DESIGN YOUR PLAYDATE



I want to make time to create and play just for fun because....  
(this is your intention and WHY)

Dates + Times I'm going to schedule playdates in the next month:

## Checklist:

- Make your list or collage
- Pick 1-3 activities you'll focus on during your playdates
- Schedule your playdates in your calendar
- Gather + set up your supplies
- Ditch any unhelpful expectations

Materials + Resources I need to get started:

How I'll support my commitment + cheer myself on: (Space to write yourself an encouraging note)

Write out any unhelpful expectations you need to ditch:

# Post Playdate Reflection Questions



What activities feel especially playful and which ones do not?

What have I learned about myself and my creative capacity?

What positive "side effects" or benefits have I noticed since giving myself more time to play and create just for fun?

What other activities and materials might I to explore playing and creating with next?

What creative cravings or desires do I have right now?

What do I want to CREATE MORE of?

NEXT STEPS I'LL TAKE TO PLAY AND CREATE ARE.....

# The playful and collaborative way to express, clarify and follow through on your ideas and desire to create



There's GOLD in your messy piles of ideas and that brilliant brain of yours, and I'm here to help you uncover it, shape it into create work that's uniquely yours and share it with the people you seek to help.

I help creatives express, clarify and follow through on their creative desires and visions.

Here's how I can support you:

→ Express what it is you want to create and develop a clear concept + strategy to bring your new service, program, ebook or workshop to life

→ Establish rhythms + rituals so that you can consistently reflect (hear your intuition), think creatively and create the work you know you're here to make

→ Implement and sustain your own creative practice where you can play, experiment with your ideas, gather inspiration and deepen your self-trust and belief in your creative capacity

Learn more about how we can work together and/or join me at an upcoming workshop, where you can get the clarity and encouragement you need to follow through on your creative work:

**Book a complimentary\_**  
**30 min. consult call with me**

**UPCOMING CREATIVITY +**  
**BRAINSTORMING WORKSHOPS**