



Hi everyone!

I want to start every day of this challenge with us asking ourselves: “What are you feeling right now?”

There’s a lot going on lately (clearly!), and it’s really important to feel our feelings so we can process them. I’m not going to ask you to do anything about it right now, though, just to name the feeling, so you know where you’re at. This might inform your creation today (or it might not, no big deal!)

If you’re at a loss, check out the Feelings Wheel for tons of descriptive feeling words.  
<http://feelingswheel.com/>

**Here’s today’s wellness prompt:**

First, think about your creativity as a person. What’s its name? Character attributes? What does it like to do for fun? Don’t be afraid to get silly.

Take a few minutes to set up the best feeling environment for comfortable creative work. What does your creativity want? Don’t overthink this, just do the first few things that come to your mind. Perhaps you want to throw the extraneous things in your workspace somewhere where you can’t see them, light a candle, grab a cup of your favorite hot beverage? This could also mean going outside if that’s an option for you.

Then, invite your creativity out to play!

**Here’s the creation prompt:**

What’s the smallest thing you can make (that would be fun and satisfying)? Feel free to switch it up if you’re not feeling pulled toward your usual medium.

**Here are some ideas:**

- Write a letter
- Write a 4-measure song
- Doodle on a post-it note
- Write a haiku
- Write a microstory
- Read a page of a book aloud in 2 or more ways
- Cook or make something creative
- Play with your food
- Write a pep talk
- Make a tiny sculpture
- Make a tiny collage
- Take a photo of something you think is beautiful

**Anything that feels creative to you counts! Go make that thing!**

When you're done, feel free to share your tiny creation in [the Facebook group](#), and/or the feelings that went with it.

Congratulations, you finished Day 1!

See you back here tomorrow for Day 2,

Rebecca