



Hi everyone!

Like we did yesterday, before you begin today's prompts, ask yourself:

"What are you feeling right now?", so you know where you are, emotionally. No need to act on the feeling(s), just identify.

**Here's today's wellness prompt:**

Take 10 minutes to do a brain dump where you list out all of your fears (about creating or about life). If you get done early, don't stop, keep writing more about your feelings or anything else that comes to mind. This is like the "morning pages" from [Julia Cameron's The Artists' Way](#) - get out the junk so your mind is clearer and ready to create.

**Here's the creation prompt:**

Based on the fears or feelings that came up, pick an animal to represent them or help you with them - whatever you need most right now.

Example: a fierce animal to help defend you, a cute animal to comfort you, a strong animal to represent how you want to feel in the face of those fears, etc.

If you want, you can Google the symbolism of the animal(s) you're thinking about, but you can also just think like an animal and go with your first instinct, animals can't overthink!

I have the [Animal Spirit deck from The Wild Unknown](#), and find it fun to pull a card to infuse the day with that spirit or feeling.

Now, either represent this animal in what you create today, or just embody the qualities of that animal in your work. You don't have to limit yourself to something tiny today, but tiny and simple is always good.

Remember that your main goal is just to create **something**, and, more importantly, to enjoy doing it!

When you're done, feel free to share what you made in the Facebook group, and/or the feelings that went with it.

Congratulations, you finished Day 2 - see you back here tomorrow for Day 3!