

EXERCISE SIX:

'Freedom of writing and drawing'

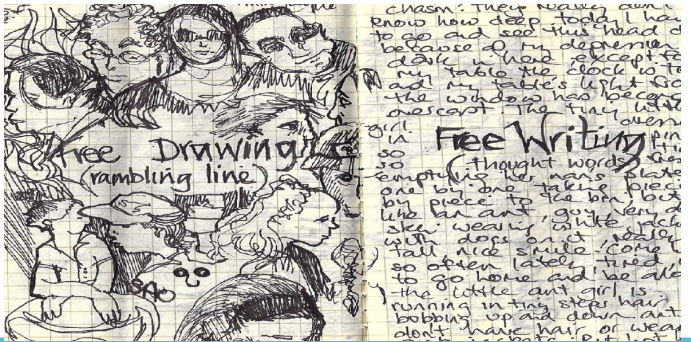
Find a place you trust that you know you feel good, or in an environment that helps you breathe easily. This could be inside or out in the fresh area but its most important not to be disturbed for around thirty minutes.

Sit with your journal on your lap and close your eyes.

Picture when your creativity was in its utmost flow state and it had been easy to think outside the square, working beyond a physical space.

Open your eyes and for the next fifteen minutes randomly write thoughts, phrases and words, not worrying about grammar, spelling or structure.

Similarly, if drawing is more your style or comfort, draw without taking your hand off the page as if you are randomly doodling, coming up with objects, faces or whatever without guidance or expectation.



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