

March Reflection Ritual

1. What do I know about my relationship with creativity? *For example, what are my beliefs? What have I been told about creativity? What do I feel or experience when I hear the word creativity?*
2. What are some of the ways I enjoy getting creative?
3. What am I discovering about my creative nature?
4. How do I experience the connection between my emotions and my creative nature?
5. How would I like to express my creative self today?
6. Are there any emotions that would like to be honored and worked with today? How would they like to be worked with or honored?

