

SEPTEMBER CREATIVITY CALENDAR

30 gentle invitations to regulate, release, and reconnect through creativity.

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Create a playlist for how you want to feel.	2 Doodle without lifting your pen.	3 Photograph one beautiful ordinary thing.	4 Write 5 words that describe you today.	5 Make something with your hands.
6 Sit outside and sketch what you notice.	7 Create a tiny collage.	8 Write a letter to your future self.	9 Move to one song with your eyes closed.	10 Draw your mood as a weather map.	11 Try a new color combination.	12 Make a list of 10 things that inspire you.
13 Create without trying to make it "good."	14 Take a slow creative walk.	15 Write one page by hand.	16 Make art from scraps or leftovers.	17 Photograph a texture you love.	18 Create a simple self-portrait.	19 Write a six-word story.
20 Make a cozy creative corner.	21 Draw what safety feels like.	22 Create something using only 2 colors.	23 Write what you need to release.	24 Make a page of shapes and lines.	25 Create while listening to silence.	26 Write down a truth you already know.
27 Make something just for play.	28 Create a visual of what "home" means to you.	29 Finish something you left unfinished.	30 Reflect: What did creativity help you notice this month?			

There is no right way to create.

Skip a day. Repeat a prompt. Follow your curiosity. Let creativity bring you back to yourself.

MIND MAKEOVER THERAPY