

**INCLUDES DAILY**  
*Coloring*

**DETAILS**  
*The Journal*

|                       |    |
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| WEEK 1 - THE SPARK    | 1  |
| Day 1 to 7            |    |
| WEEK 2 - THE DARING   | 17 |
| Day 8 to 14           |    |
| WEEK 3 - THE FLOWING  | 33 |
| Day 15 to 21          |    |
| WEEK 4 - THE RADIANCE | 49 |
| Day 22 to 28          |    |
| DAILY INSTRUCTIONS    | 65 |

The Spark



**WEEK 1**  
*The Spark*

THIS WEEK IS ABOUT REIGNITING  
YOUR **CREATIVE CURIOSITY**  
AND GIVING YOURSELF  
PERMISSION TO EXPLORE.

### SELF REFLECTION

WHEN DO I FEEL MOST  
**CREATIVELY** ALIVE?

1  
DAY

**AFFIRMATION**  
My creativity is always within reach.

**DAILY**  
*Stillness*



## STILLNESS

REFINED  
RUBY  
*Studio*