



The 30-Day Creative Wellness Journal

CLARITY • CONFIDENCE • HOPE



Welcome

Welcome to your 30-Day Creative Wellness Journal.

This is your sacred space to explore who you are, reconnect with your creative spirit, and nurture your well-being. Each day offers a gentle prompt designed to build clarity, boost self-esteem, and inspire hope — one drawing, word, or colour at a time.

There is no right or wrong way to do this—just begin and let the art lead you back home to yourself.

Remember it's not about how 'good' the art is.

It is about the experience and allowing yourself to connect with your innately intuitive creative side.

At anytime you find your inner critic making any kind of negative judgment about your art, send it away! No critics or judges are welcome here – this is a safe place, you create for yourself.

Instructions:

Simply print the journal (starting at page 3/the next page) if you want to avoid printing the front cover and save printer ink.

All you really need is a pen but any drawing materials you have or want to collect will help make the next month a beautiful journey of creative self-discovery for you.

Start at the beginning on the next page and follow the prompts to create one piece of art every day.

I hope you love your 30-day Creative Wellness Journal
You are very welcome to share this little journal but please don't change it.



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Mind Body Education

Day 1: Draw your calm place.

Close your eyes and take a deep breath. Think of a place where you feel completely safe, peaceful, and at ease. It could be real or imagined. Let your pen gently shape that feeling on the page.

Day 2: Fill the page with your favourite colours.

Let your hand choose colours that bring you joy, peace, or energy. There's no right or wrong. This is about feeling your way into the present moment through colour. If you don't have colours, use shapes 😊

Day 3: Make a page of simple pleasures.

Think about the small things that bring a smile to your face—a warm drink, birdsong, fresh sheets. Illustrate or list them freely. Let yourself bask in the little joys.

Day 4: Create a visual 'thank you.'

Gratitude is a gentle superpower. Fill the page with images, colours, or words of appreciation—for people, moments, or anything that has supported you.

Day 5: Draw what peace feels like.

Peace isn't always a quiet lake. For you, it might be warm sun, cozy blankets, or dancing light. Let your hand describe peace through shape and space.

Day 6: Create your ‘today’ mandala.

Start in the centre of your page. Let lines and shapes radiate outward in rhythm with your breath. No perfection needed—just presence.

Day 7: Illustrate your favourite part of nature.

Nature heals. Choose a tree, flower, wave, or sky you feel connected to. Recreate it with care and curiosity.

Day 8: Draw yourself as a shining star.

You are radiant. Imagine yourself glowing with light, purpose, or joy. Let this energy sparkle across the page.

Day 9: Design a 'You Are Amazing' poster.

Celebrate yourself boldly! Use colour, affirming words, and uplifting design to cheer yourself on like your own biggest fan.

Day 10: Create a page of wins.

Recall moments—big or small—where you felt strong, proud, or brave. Illustrate them and let each image be a reminder of your capacity.

Day 11: Illustrate something you love about yourself.

What quality or part of yourself do you appreciate today? Kindness? Creativity? Resilience? Bring it to life with colour and shape.

Day 12: Draw yourself doing something that brings you joy.

What lights you up inside? Capture yourself in that moment of joy—dancing, laughing, painting, exploring.

Day 13: Make a badge of courage.

Design a symbolic badge to honour your inner strength. Include shapes, colours, or emblems that feel empowering to you.

Day 14: Create a page of empowering words.

Fill the space with words and phrases that uplift you. These can be affirmations, quotes, or kind reminders from your own heart.

Day 15: Draw a compass of your heart.

What guides you? Illustrate a compass and label the directions with values or desires that help you stay true to yourself.

Day 16: Illustrate your ideal day.

Imagine a day that feels peaceful and fulfilling from start to finish. Draw the sights, scenes, or experiences that would fill it.

Day 17: Make a 'what matters most' page.

Reflect on what is most important to you in life. Use imagery, shapes, or keywords to represent your deepest values.

Day 18: Create a ‘vision window.’

Draw a window frame and fill the view with the life you’re growing toward. What beauty lies on the horizon?

Day 19: Design a page called 'What Lights Me Up.'

Tune in to your passions. Illustrate or name the people, projects, or places that energize you.

Day 20: Draw your inner garden.

Imagine your mind and heart as a vibrant garden. What's growing there now? What needs more sunlight or care?

Day 21: Illustrate your toolkit for happiness.

What habits, tools, or thoughts help you feel good? Sketch your 'happiness toolkit' with love and creativity.
What new tools could you add?

Day 22: Create a page of dreams.

Let yourself dream big. Use images and colours to show hopes, goals, or playful possibilities you'd love to explore.

Day 23: Design a gratitude tree.

Draw a strong tree with branches. On each leaf, write or draw something you're thankful for—people, experiences, or tiny daily gifts.

Day 24: Draw yourself in full bloom.

Visualize yourself flourishing—confident, radiant, at peace. What do you look and feel like when you're blooming?

Day 25: Make a joy jar.

Draw a jar and fill it with doodles or words of things that bring you joy. Let this be a well you can return to and drink from when you need reminding.

Day 26: Design your 'hopeful horizon.'

Sketch a sunrise or horizon. Fill it with symbols or scenes that represent hopeful beginnings or dreams coming into view.

Day 27: Create a page called 'Open to Magic.'

Imagine inviting wonder and synchronicity into your life. Use sparkle, symbols, or flowy patterns to represent this openness.

Day 28: Draw your guiding word.

Choose a word that inspires or centres you right now (e.g., courage, freedom, joy). Decorate it with love and intention.

Day 29: Make a celebration page.

Celebrate YOU! Use bright colours, patterns, and joyful shapes to honour how far you've come.

Day 30: Draw a heart full of dreams.

Fill the shape of a heart with your deepest hopes, joys, and dreams. Let this be your love letter to the future.

You've Reached the Final Page!

Congratulations on completing your 30-day journey!

You've created something beautiful, just by showing up for yourself each day.

If this journey lit a spark within you, you might be ready to take the next step and learn how art and creativity can be used to help others heal too.

Download your free info sheet about becoming a Holistic Integrated Creative Arts Therapist or a Holistic Art therapist and find out if this could be your calling.

We offer internationally industry-accredited training – completely online with loads of support.

You can explore our courses on our website at:

🔗 <https://mindbodyeducation.info>

If you would like to receive the information sheets and explore the course content and career outcomes for either course, you can do that below 😊

Get the Holistic Integrated Creative Arts Therapy (HICAT) Info sheet

🔗 <https://mindbodyedu.kartra.com/page/EtC89>

Get the Master Practitioner of Holistic Art Therapy Info sheet

🔗 <https://mindbodyedu.kartra.com/page/Ha192>