



CREATIVE RELEASE EXERCISE

10 MINUTES. RELEASE. REST. RESET.

Step 1:

Sit down with a notebook, favorite pen, and a delicious beverage.

Step 2:

Set a timer for 7 minutes.

Step 3:

Without stopping, write down ALL the things running through your brain right now.

They can be ideas, goals, thoughts, dreams, anything that comes to you.

Everything you write is correct and useful.

Step 4:

At the end of the timer, put your pen down.

Sit up, close your eyes, and deeply breathe in and out of your belly at least 3 times.

Take your time. Notice how you feel.

Step 5:

Return to your notebook. Set another time for 3 minutes.

Choosing from what you have already written, identify the top 3 ideas you want to focus on accomplishing or paying attention to and write them out clearly.

Step 6:

Under each of your 3 focus points, answer the questions:

- WHY do I want to focus on this?
- WHAT small actionable step can I take to prioritize this point in my day?
- WHEN exactly am I going to take that small step? (put an event in your cal!)

Step 7:

Focus on one step at a time. Let go of the anxiety of the outcome.

Forgive yourself if you miss something. You are exactly where you are supposed to be.

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