

Creative Journaling...

More than words

A Creative Practice
to
Harness
your
Creative
Purpose & Potential

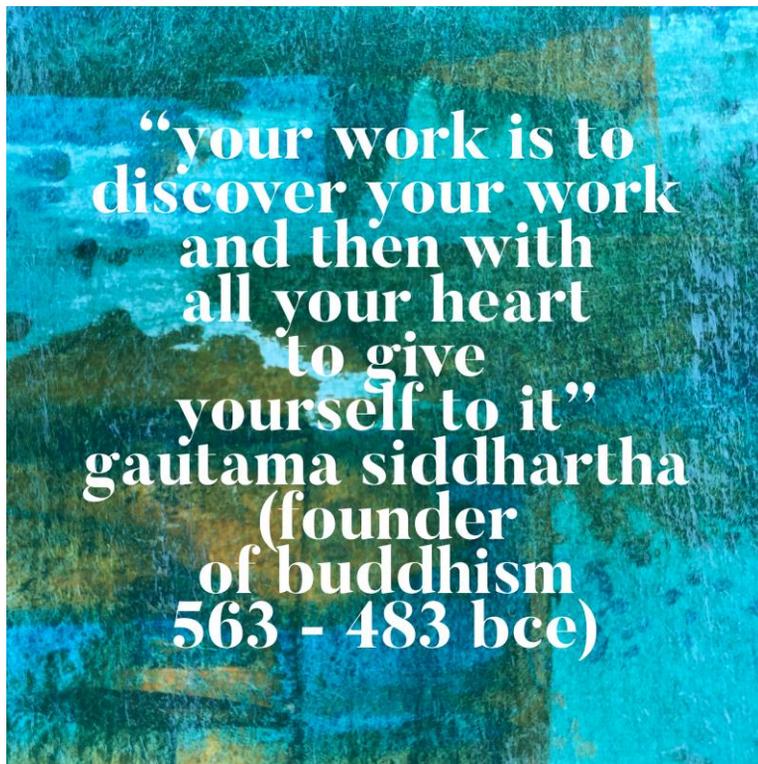
Sharon Mayfield

What's it all about ?

The purpose of this E-Book , is to share with you the concept of *Creative Journaling*, my interpretation of what it is and how we might use it to help us come to understand ourselves better and find ways to express ourselves.

Whenever people ask me what I do and I mention Creative Journaling, I am, almost without exception, met with a polite but puzzled expression. People have never heard of it and yet it is such a simple and amazingly fun & helpful practice.

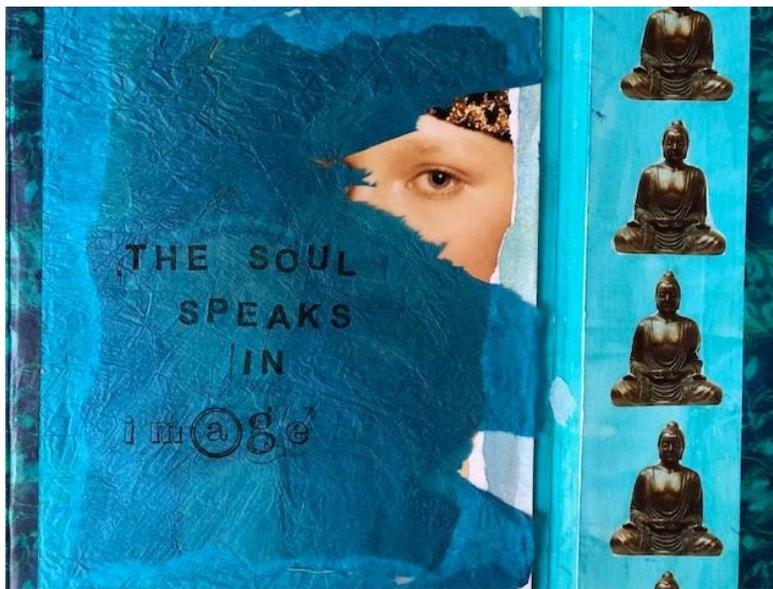
Creative journaling is a practice that can help us to better learn about and understand ourselves. As we begin to understand ourselves better we can start to discover what we really want, what our 'true work' might be and we can begin to *harness our purpose and potential*.



The Soul Speaks in Image (carl jung)

I've included several images from my own journals in this E Book, simply to help illustrate the concept of Creative Journaling.

Creative Journaling, for me, isn't about creating pretty images or perfect representations of ideas.



In using examples from my own journals, I'm not saying... 'this is how its done.'

These are simply examples of how my thought process sometimes works out on the page.

You will also find a good sprinkling of quotations from a wide range of inspirational sources in here.

I love a good quote and often find them a great jumping off place when working in my journals.

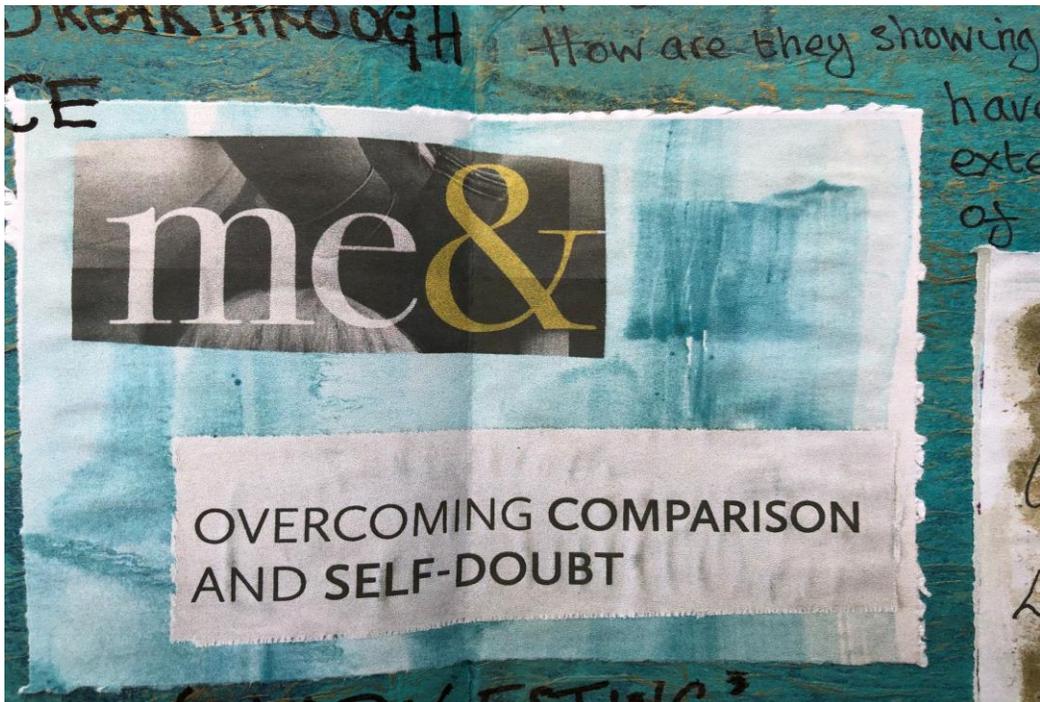
If you've ever taken part in one of my free Journal Projects, you will be familiar with the ways in which I incorporate quotes in my work.

Where do we start ?

Do you find yourself inexplicably drawn to expressing yourself creatively, somehow, yet find yourself repeatedly feeling alone in your struggle to battle all the challenges we can face when pursuing our creative ideas?

Self-doubt ?

Fear ?



You are not alone... and... not only are you not alone but....

"there is a vitality a life force an energy, a quickening which is translated through you into action and because there is only one of you in all time this expression is unique and if you block it, it will never exist" (Martha Graham)

Basically... you are packed with potential !

Where I'm coming from

Ok...time to level with you.... I'm now 61 and I'm still trying to work out what this 'life' thing is all about. I haven't got all the answers, I'm not 'sorted'. I'm still navigating this journey called life, working it out as I go along, carving out my own path....

I regularly ask myself these fundamental questions....

why am I here ?

what is my life's purpose ?

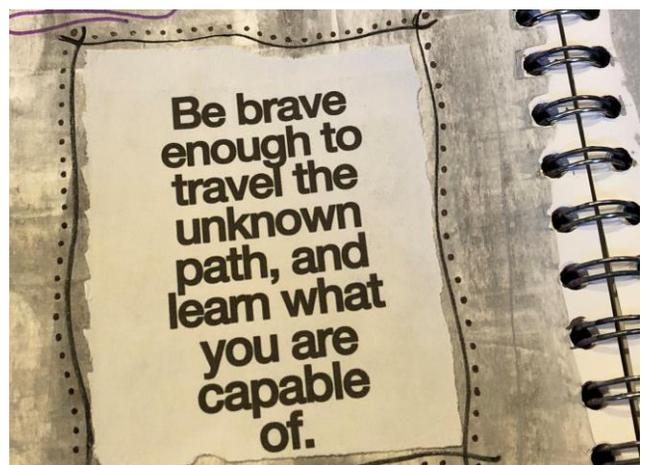
what is my 'true work' ?

what do I really really really want ?

Who doesn't...right?

If these questions have echoes of familiarity for you, creative journaling might be one way of helping you navigate your own path.

“when there is a path, it's someone else's way. Find your own path, trust your own way” (Pat Schneider)



My story so far.....

(code for...a bit about me)

Places I've visited on my own journey so far.....

Much of my young life was affected by having undiagnosed epilepsy which sort of hindered my schooling and confidence.

With things more under control, I struck out on my own, leaving home, at the tender age of 16.

I've worked in many types of roles but eventually ended up in Social Work and later as a child and family therapist.

I've spent many years training & practising in Yoga & Meditation eventually becoming a teacher. While I retired from teaching formal classes about 2 years ago, Yoga continues to be a huge influence on how I live & work and provides a framework for my thinking & understanding

I've been a dancer for just about as long as I can remember and it remains one of my passions, I even still manage to teach the occasional class

I've had a serious notebook habit for a long time ! I find it almost impossible to resist either buying them or making them. I do both....regularly !

Notebooks and Journals are a wonderful repository for the treasure trove of our ideas, experiences, desires, ambitions, dreams and aspirations

What IS Creative Journaling ?

It's really important for me, from the get go, to draw a very clear distinction between (my perception of) **Art Journaling** and **Creative Journaling** which I think can often be confused with each other

Art Journaling....making attractive images using mostly purchased mass produced materials. Focus... on creating an aesthetically pleasing image. I have no axe to grind with art journaling, it is it's own creative form but it's not what I'm about or what I teach in my workshops

Creative Journaling.....Using very basic art materials, ephemera, memorabilia, upcycling materials along side the written word, in a journal, in pursuit of self exploration & understanding, self expression & discovery. Focus... on engagement with the Process.

Why ?

Journaling....." a way of bringing our thoughts and feelings to our own attention so that we can understand ourselves a little better"

There doesn't *need* to be any ulterior motive to engage in the process of creative journaling. Any journaling is a practice and an end in itself...and that *IS* enough !!

However, I believe, it can also act as a gateway to the vast treasure of potential that lies within all of us. Our personal well of ideas, and aspirations. It can provide a safe space, a container where-in we can uncover, explore, record and store our thoughts, where we can find form and structure for our ideas.

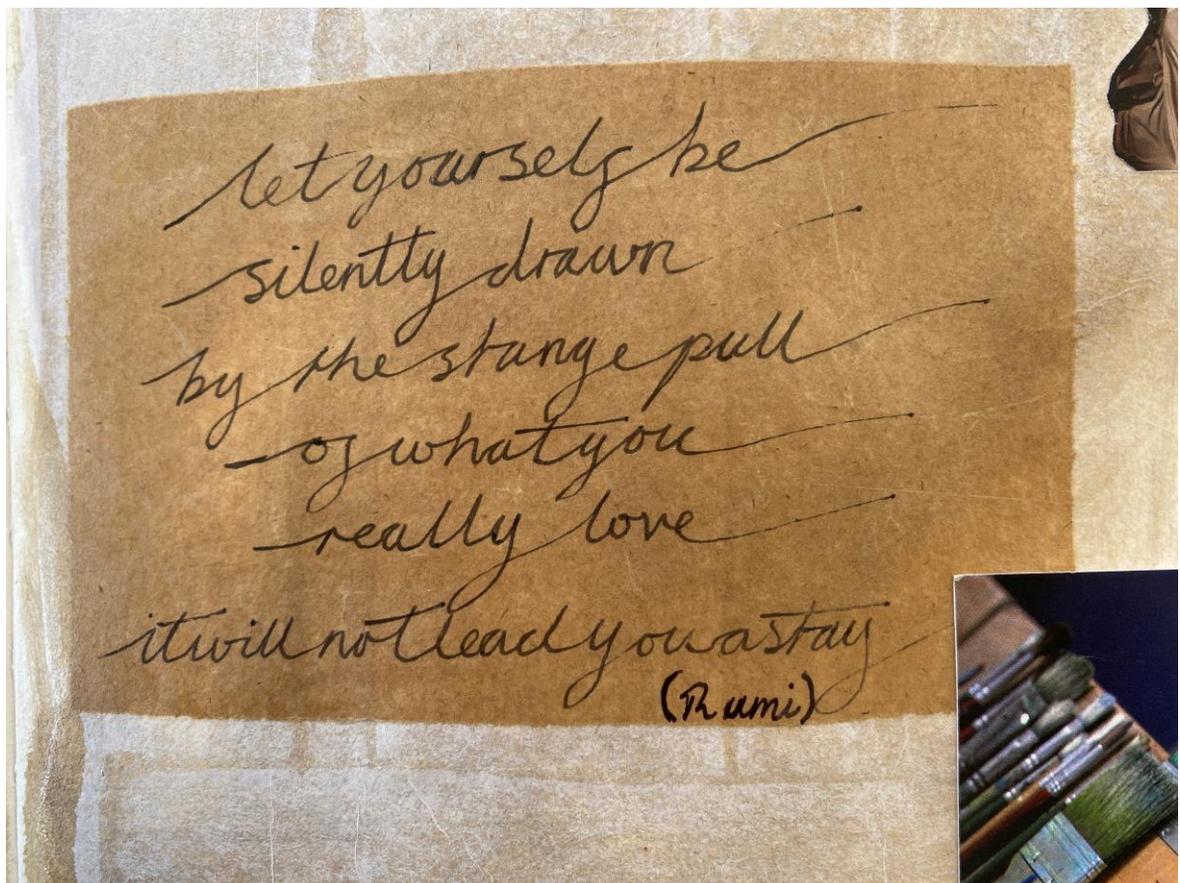
"it is often in a journal that many people , for the first time, take the risk of expressing themselves creatively, and dare to speak of their creative dreams"

Process & Practice vs Product

At the heart of the concept of creative journaling is a shift in thinking. A move away from a focus on *Producing* something (a piece of literature, something profound/meaningful or something beautiful) towards a focus on developing a creative **Practice** & engaging with a creative **Process** which may in turn lead us to a greater connection with or awareness of our individual creative ideas, aspirations, dreams.

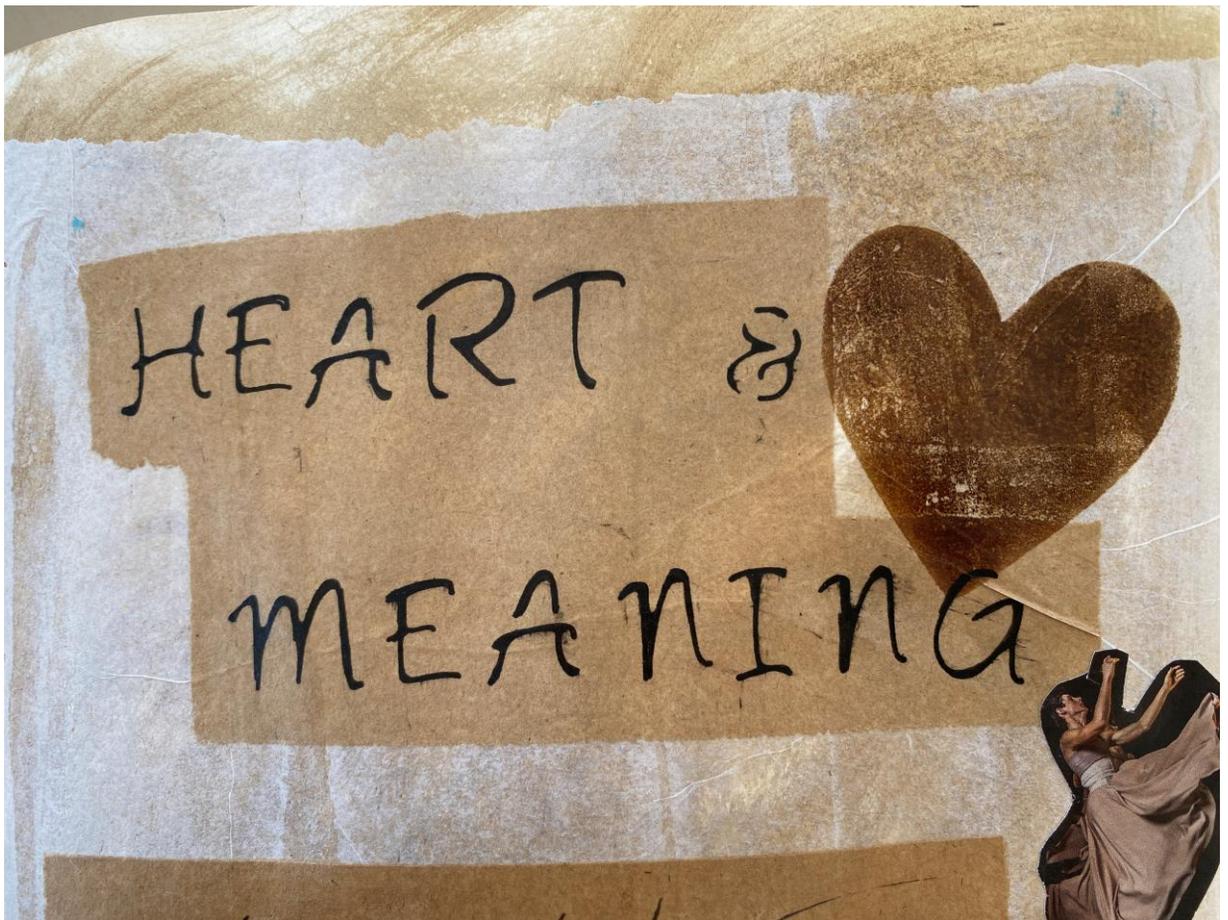
We allow ourselves to be guided by the creative process rather than the desire for a particular outcome or product.

Trust me...it's actually much simpler than I'm making it sound ...



Searching for Heart & Meaning

*“Remember that wherever your heart is,
there you will find your treasure” (Paulo
Coelho)*

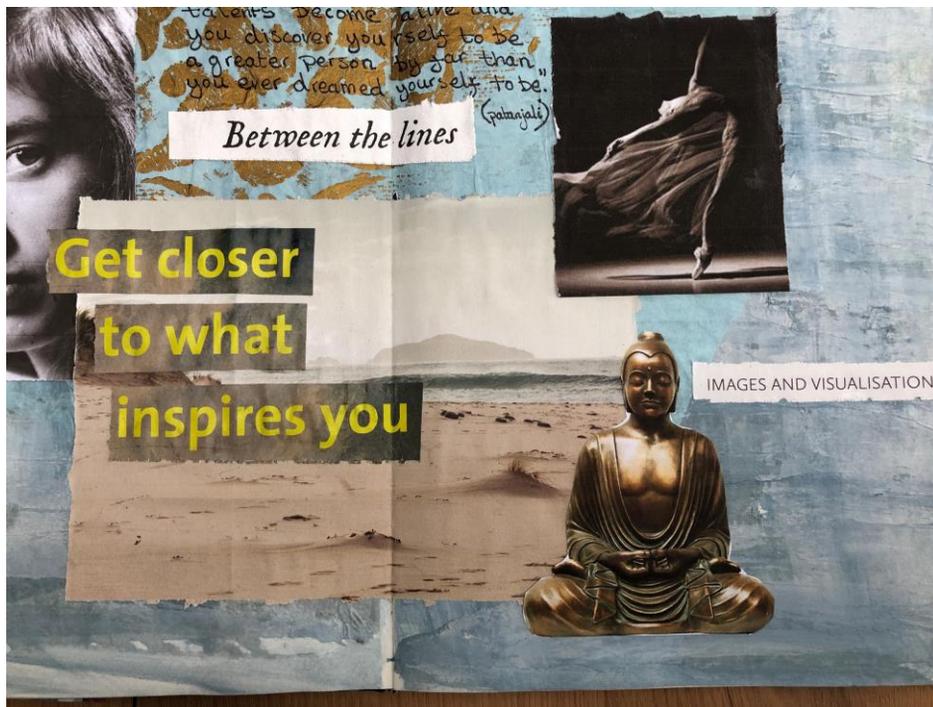


*“We are born makers. We move what we are
learning, from our head, to our heart, through
our hands” (Brene Brown)*

A picture paints a thousand words

From the original quote ..."A thousand words leave not the same deep impression as does a single deed"
(Henrik Ibsen)

Complex and sometimes multiple ideas can be conveyed by a single image which conveys its meaning or essence more effectively than a mere verbal description.



Creative Journaling is where we use a journal, diary, notebook, sketchbook, call it what you will, but instead of simply writing, using words, we use all sorts of 'art' materials such as paint, glue, collage, drawing ...in addition to the written word

'Harnessing'

Why do I talk about '**Harnessing**' our creative potential and purpose ?

Because creative Journaling is a really effective way of capturing and containing all of our thoughts and ideas. And once we have them contained in our journals we can revisit them at our leisure to expand on them and see where they might take us.

I have lost count of the times that I have had all sorts of ideas that felt so inspirational and original that I told myself, I'll remember to write that down later...I couldn't possibly forget it, right ?

Inevitably, I do forget it. It can be nigh on impossible to re-create that exciting thought and how it made you feel unless we capture it, in the moment and a journal is the perfect place to do that.

As we work in our journal, from a place of creative curiosity and exploration we build an amazing repository of our ideas, our thoughts and inspirations which would otherwise have, as I put it, '*slipped off the back of my head*' and been lost.

Our journal then becomes an amazing resource where we can revisit our ideas and luxuriate in their potential.

Where will your ideas take you next ??

The Blank Page

Does that blank page staring back at you, or that brand new notebook or journal seem a little intimidating??

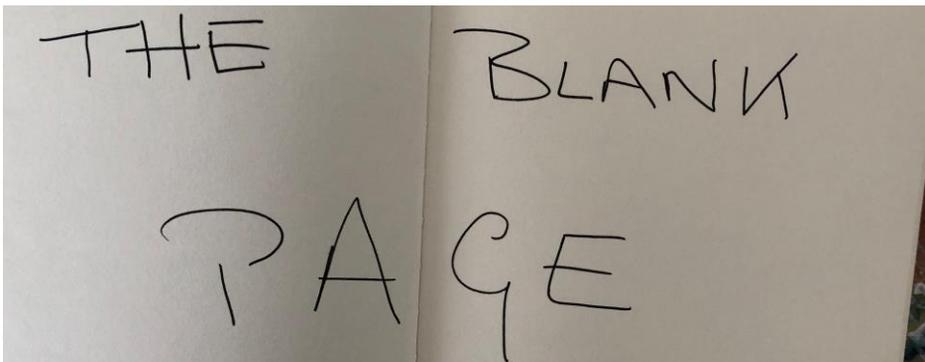
'Where do I start' ?

'What if I make a mistake'?

'What if I make a mess' ?

Do you sometimes feel a strange sense of 'shame' when you re-read what you have written ?

These are ALL issues that we deal with in Creative Journaling



If you're looking for a consistent creative practice that can help you on your journey of self exploration and discovery, self understanding and expression, a practice to help you move forward with your creative ideas.... You may have just found what you're looking for.

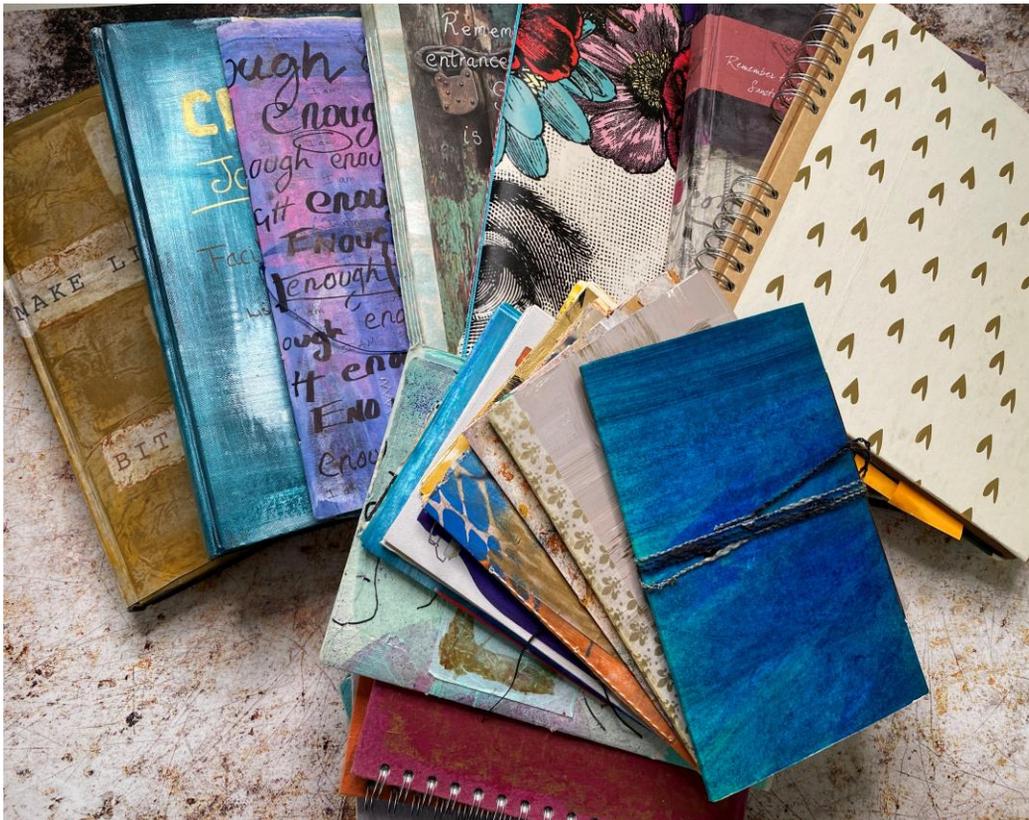
Create your own repository

Succinctly put....

Creative Journaling can help you

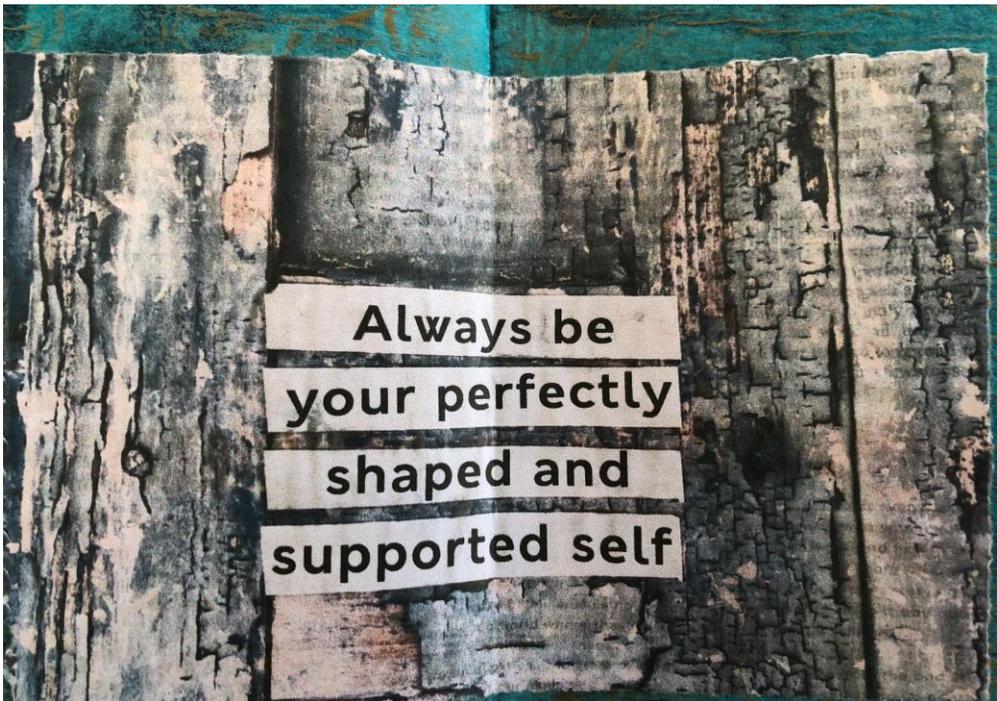
Get your ideas, thoughts, dreams & aspirations, memories & experiences, out of your head and onto paper, contained in a Journal, a container, a safe place.

You can then revisit that container, anytime to review & remember your own repository of ideas and find ways to let them take you forward.



*"In order to become who we are
meant to be we need to let go of
who we think we are"*

(Tasha Blank, Dancer)



Join me & Join in

*Where will your Journaling Journey
take you?*

Stay connected to find out about upcoming workshops,
courses & Journal Projects

'An exploration of Creative Journaling techniques'

*'How to use Creative Journaling as a
Mindfulness Practice'*

Check out previous Journal Projects all available on my
website as PDF's

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