



Artful Reflections

A Self-Expression Activity Workbook

SAGEWELL
— LIVING —

This workbook is a tribute to your journey of self-discovery, self-love, hope, and self-compassion. It's designed to remind each user of their inherent value by using artistic expression as a tool for personal growth.

When I first ventured into art journaling, I was a bit overwhelmed by the prospect of drawing. I longed for someone to guide me through those initial steps. That's precisely why I designed this workbook—to offer you that gentle nudge to begin. While I've included examples, it's important to me that you don't feel pressured to replicate them. Instead, consider these examples as starting points to explore creatively in your unique way.

For those who would prefer to do this in their regular art journal, print the activity pages on large sheets of white sticker paper and adhere them to your journal pages. You could also use the outlines to trace them on watercolor paper or canvas—whatever brings you joy.

I sincerely hope you find as much joy in working through the activities as I have enjoyed creating them.

I would love to see your creations. Post using #SagewellLiving.

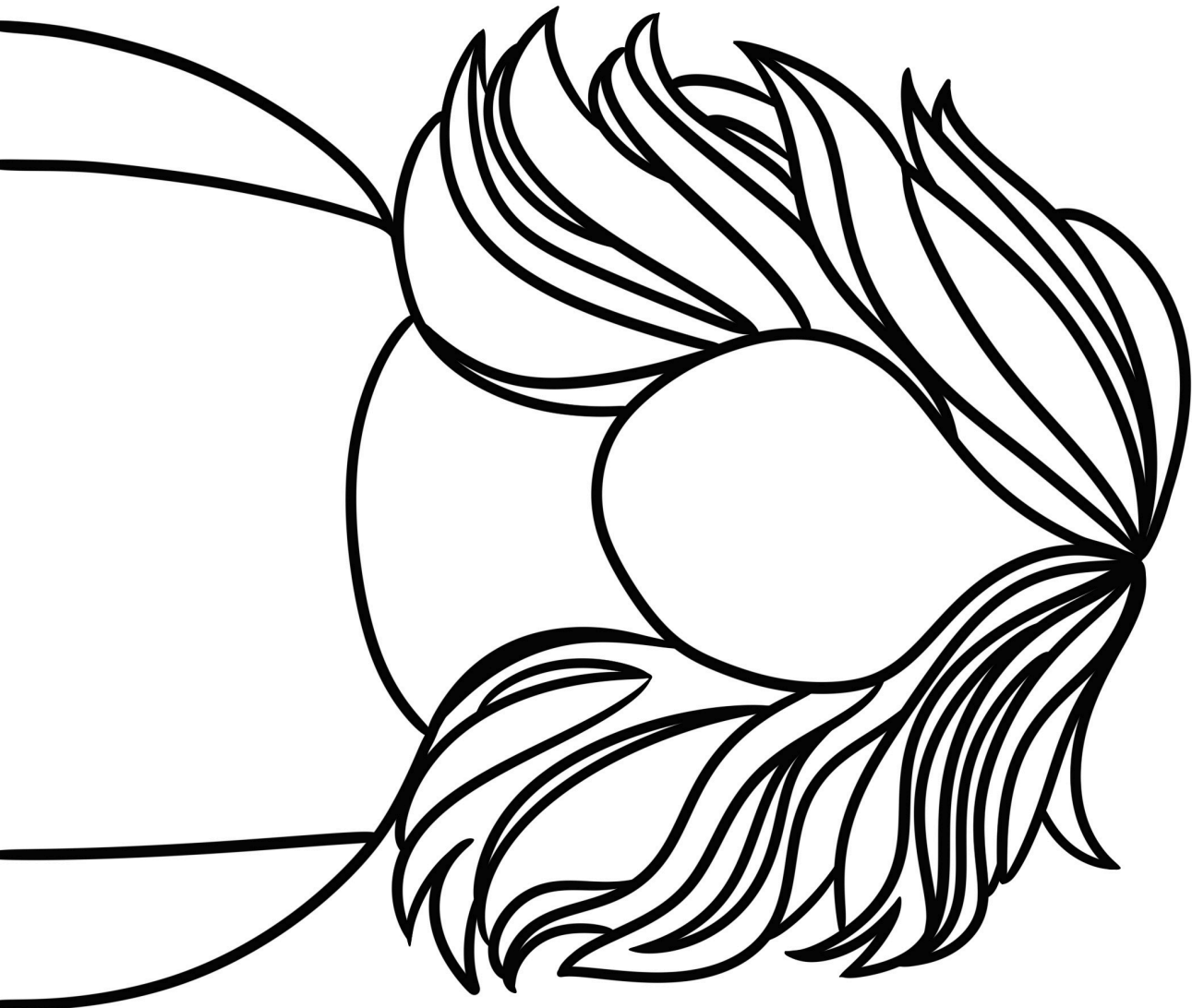
Happy creating,
Amie Kelson CSW

Affirmed

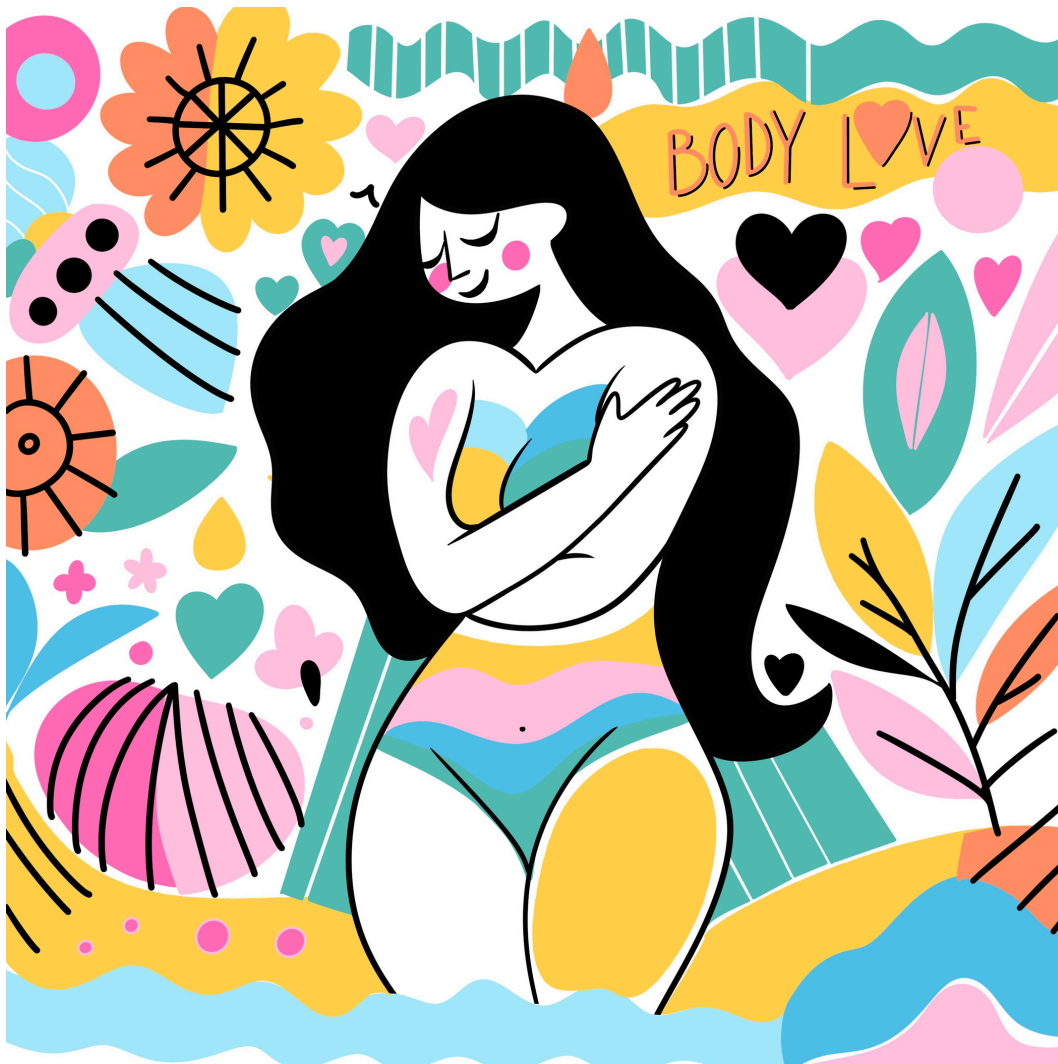


PROMPT: Use any medium that inspires you to craft affirmations celebrating your greatness. Choose as many or as few colors as you wish, add rays, or keep it simple. You can cut out photos for a collage or use markers. The key is to encircle the woman's figure with positive words and affirmations.

Share your empowered art at [#SagewellLiving](https://twitter.com/SagewellLiving)

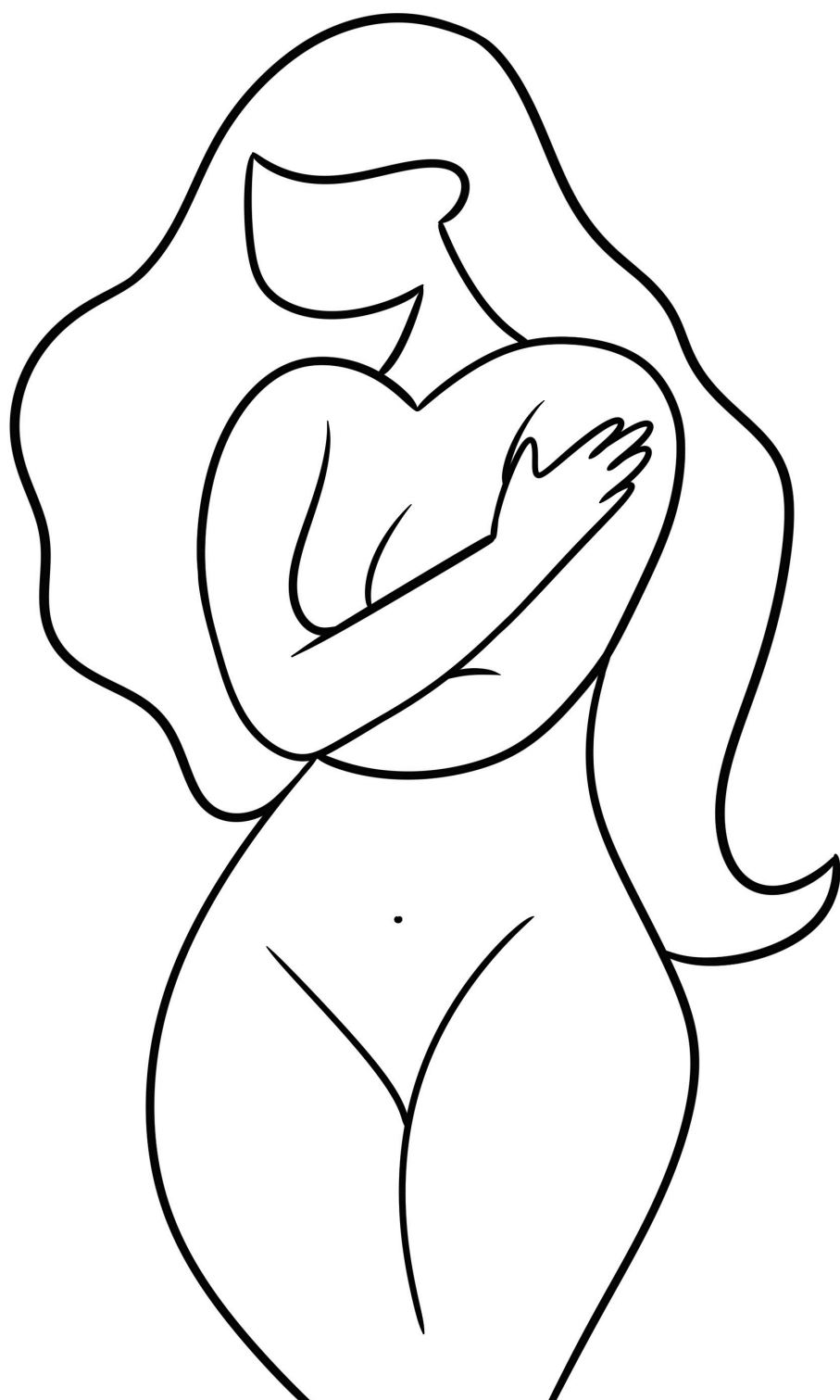


Body Love



PROMPT: Show appreciation for your body and acknowledge all it does for you. Often, we are our own harshest critics. Now, take a moment to create a serene and beautiful space that celebrates your body. Use any elements that make you feel pampered and cherished—soft textures, soothing colors, gentle music. The aim is to foster a loving and accepting atmosphere where you can truly appreciate and thank your body.

Share all the love at [#SagewellLiving](https://twitter.com/SagewellLiving)

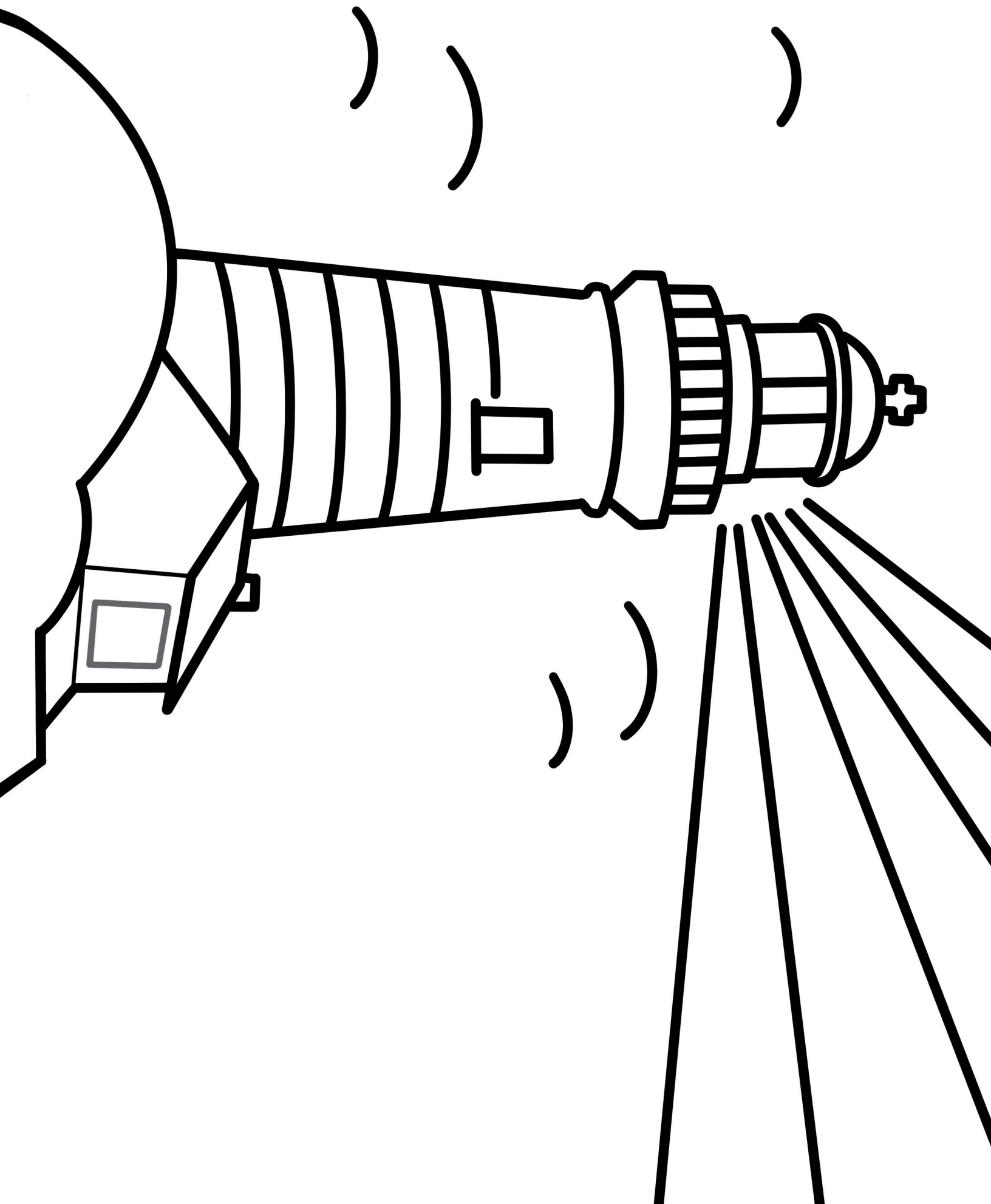


Refuge



PROMPT: Represent your refuge—the person, place, or practice you turn to when seeking shelter from life's storms. The lighthouse can symbolize this sanctuary and the rays, the impact of that support, comfort, and safety you feel. Reflect on this refuge's profound effect on your well-being through this creative expression, helping you regain balance and strength amidst challenges.

Show us the tribute to your refuge #SagewellLiving



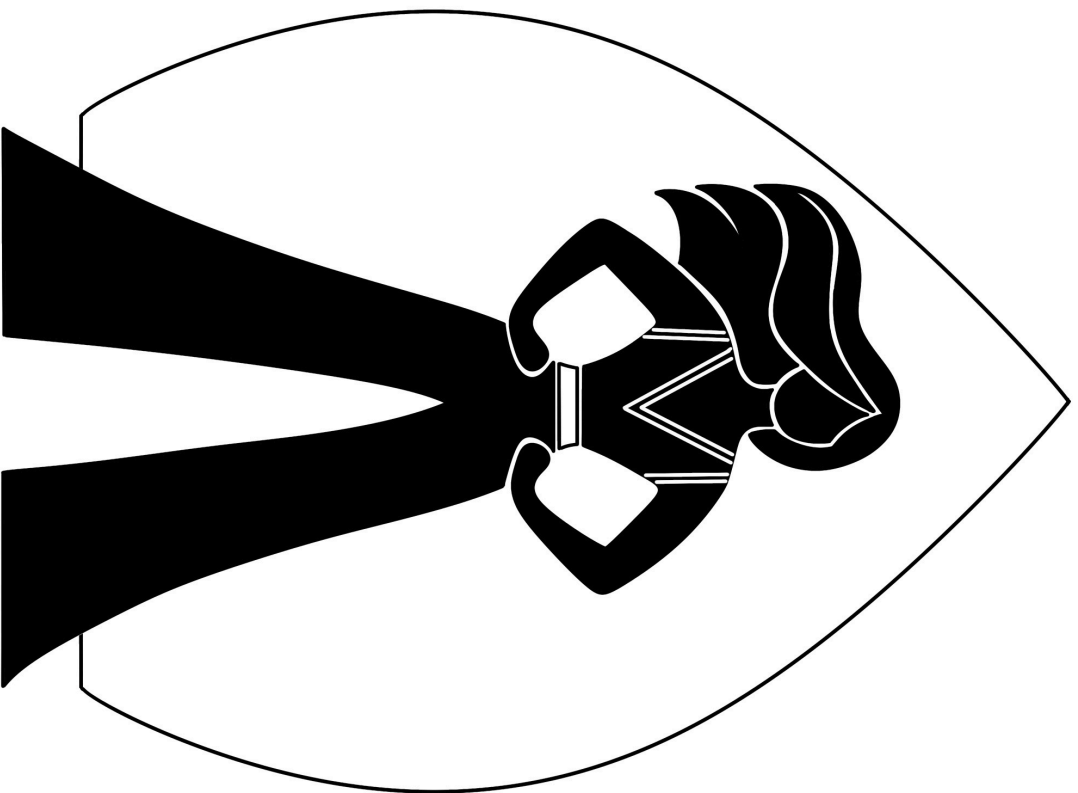
Braveheart



PROMPT: Explore and express the colors and feelings associated with moments of bravery. Think about the times you've felt courageous and what that looks like. Are they bold, vibrant colors and dynamic shapes or something more subdued? Depict the energy and empowerment that bravery brings to your life. Let this artwork be a visual affirmation of your strength and courage.

Be brave and share at [#SagewellLiving](https://twitter.com/SagewellLiving)

I AM BRAVE



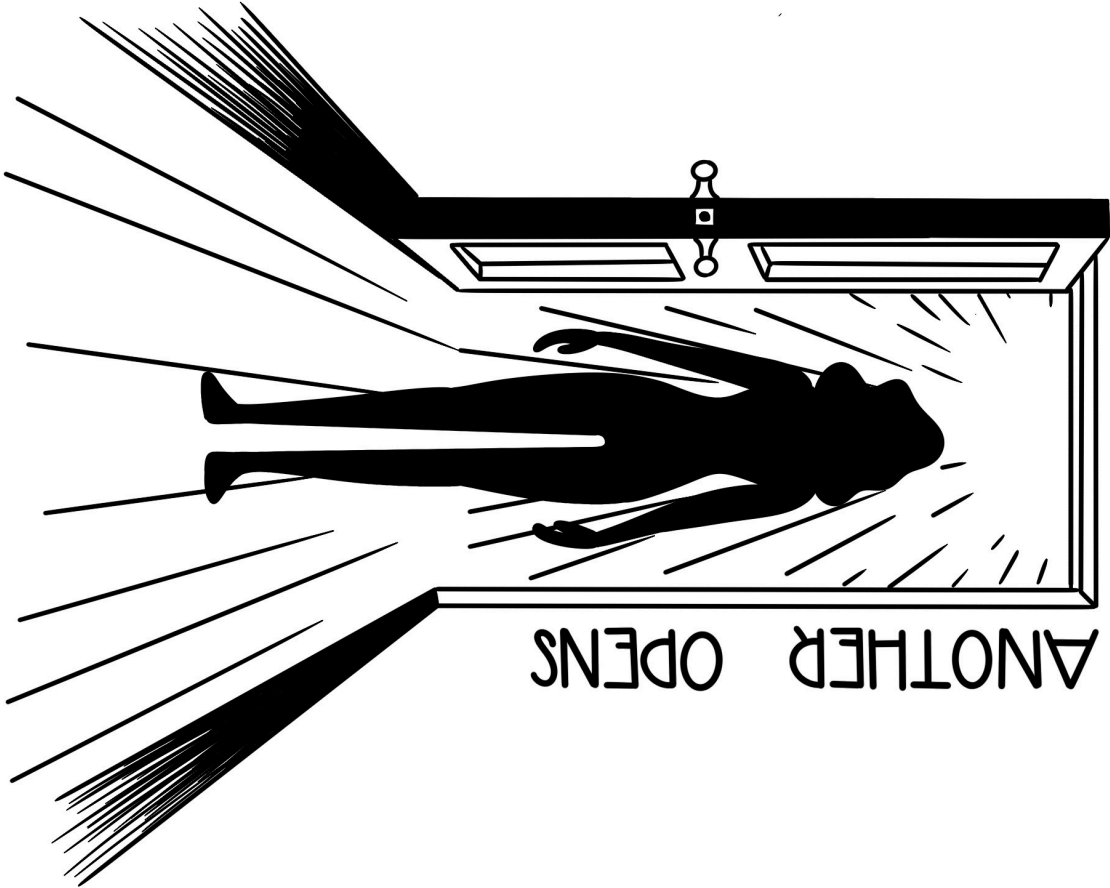
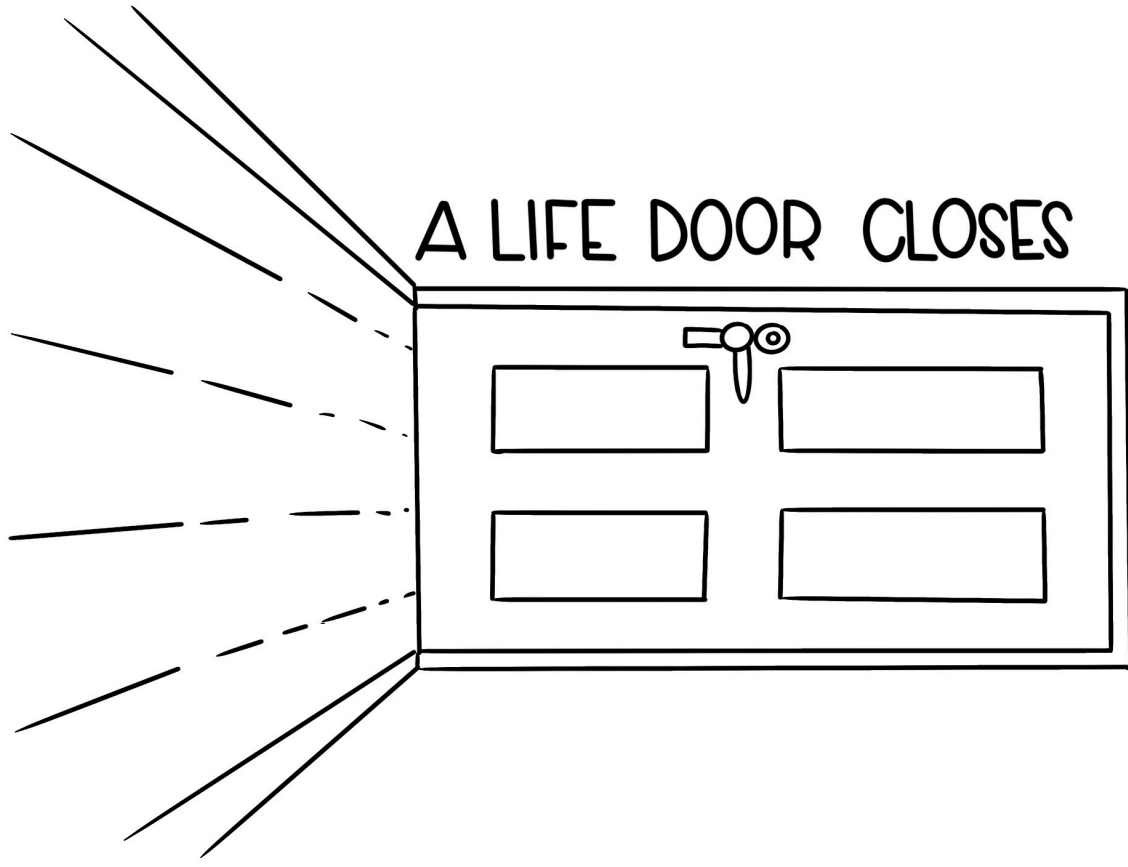
Doors of Life



PROMPT: This activity depicts two doors: one closing and another opening. Though the door closing may bring a sense of sadness, honor and celebrate its value and the gifts it brought into your life. Surround this door with words of gratitude, detailing what it offered and how it enriched you.

Next, turn your attention to the door that is opening. This door represents new opportunities and beginnings that have emerged. Beside this door, write words that capture the blessings and positive changes this new beginning brings and the emotions you feel as you embrace what lies ahead. This artistic expression will help you connect with your life's cycle of endings and beginnings.

What doors are you opening and closing? Share at #SagewellLiving

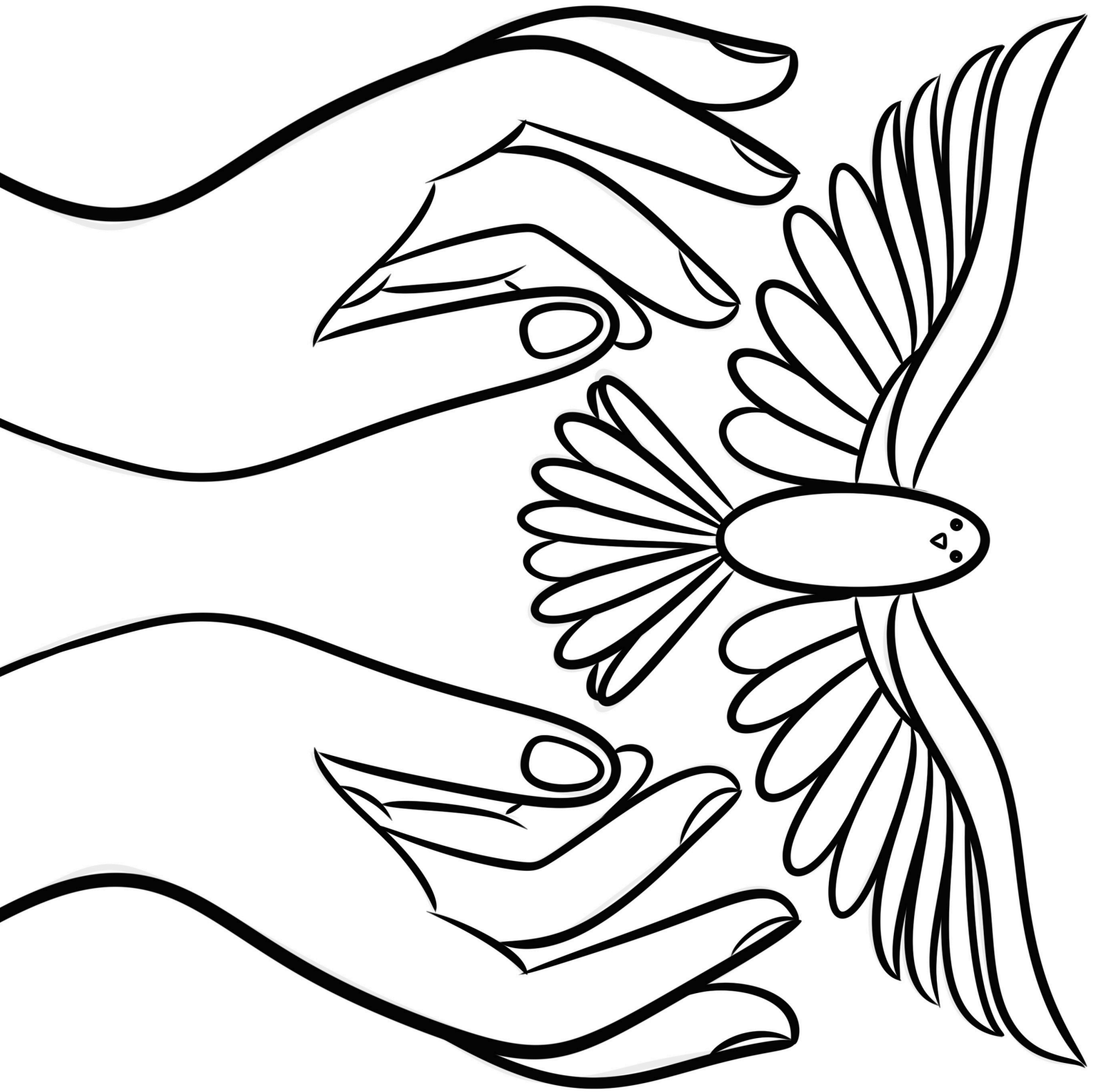


Take Flight



PROMPT: Focus on the bird's wings to symbolize your aspirations to take flight, and embellish the wings with colors, patterns, and textures that resonate. On the feathers, inscribe words or phrases that represent what you most want to achieve— personal growth, new opportunities, healing, or creative endeavors. This can serve as a visual affirmation, encouraging your dreams to soar and expand into your reality.

Share your dreams at [#SagewellLiving](https://twitter.com/SagewellLiving)

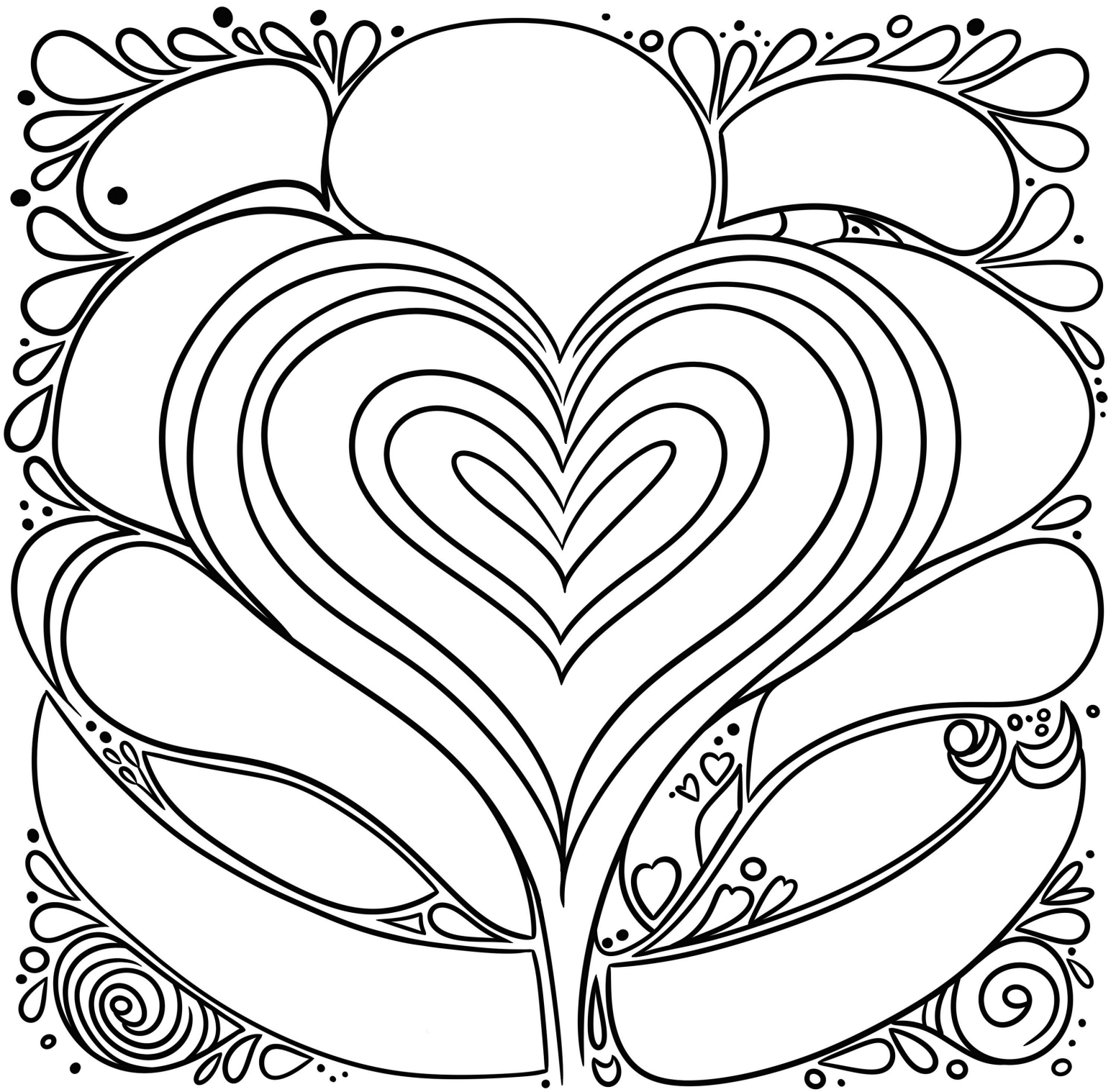


Be Still My Heart



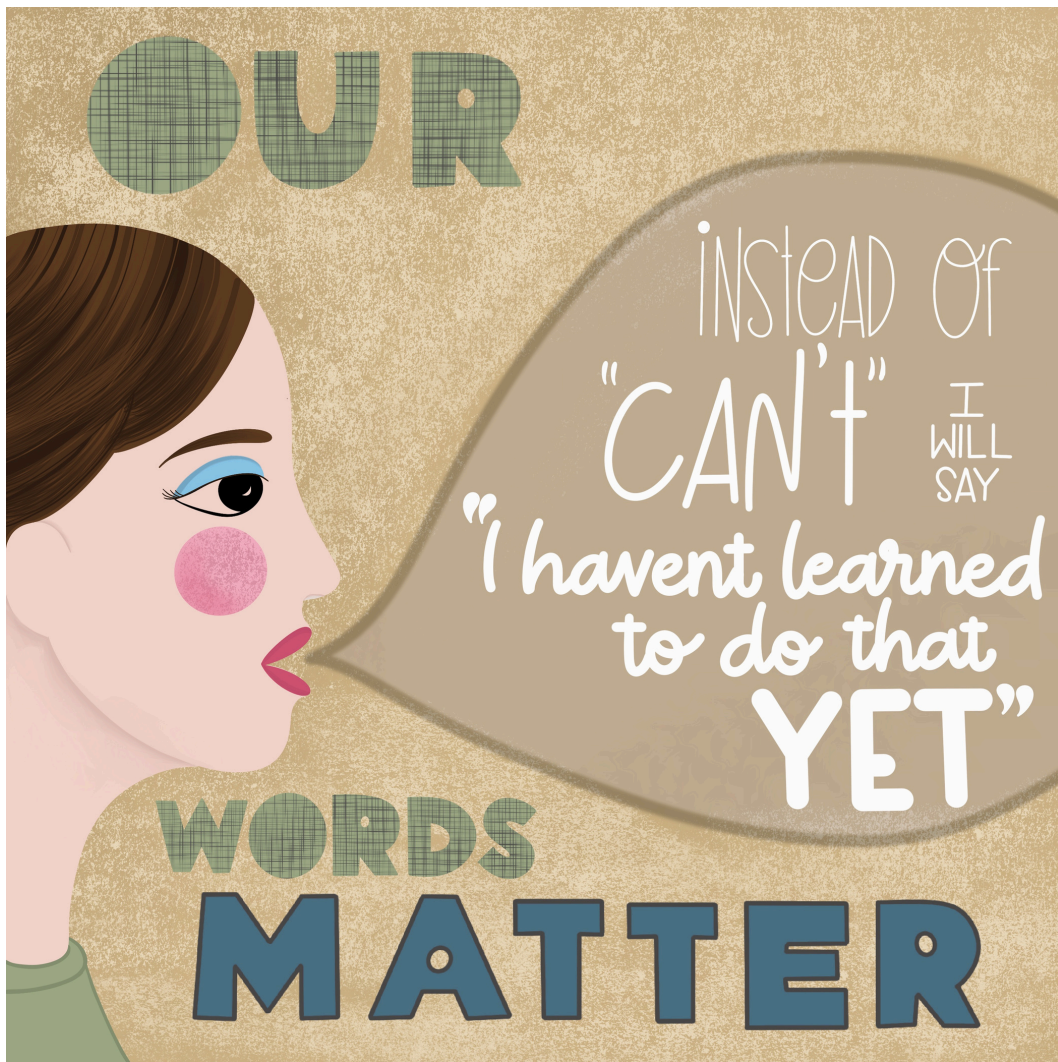
PROMPT: This activity is designed to soothe and calm your heart during anxiety. Surround this heart with calming colors and patterns that evoke a sense of peace and safety. On and around the heart, write affirming and comforting words or phrases to tell yourself when anxiety arises. These might include "You are safe," "Breathe deeply," "This too shall pass," or "I am calm." This creation acts as a personal reminder and tool, helping nurture and reassure your heart whenever anxious feelings surface.

Share your creation at [#SagewellLiving](https://twitter.com/SagewellLiving)





Words Matter



PROMPT: This activity focuses on transforming limiting words into empowering phrases. Start by selecting a word or phrase that feels restrictive, such as "I can't" or "I have to." Inside the speech bubble, rewrite this phrase into a more empowering alternative. For instance, change "I can't" to "I haven't learned to do that yet," or alter "I have to" into "I get to," "I am going to," or "I choose to." This exercise encourages you to visually and textually reframe your language, highlighting the power of words in shaping a more positive and empowered mindset.

What is your word reframe? Share at #SagewellLiving

MY



WORDS

MATTER

Dreaming Big



PROMPT: Inside the thought bubble, illustrate your biggest dreams and desires. Whether it's a career goal, a personal achievement, or an adventure you hope to embark on, represent these dreams using colors, symbols, and imagery that resonates deeply with you. As you fill the dream bubble, consider what each dream means to you and how it reflects your hopes for the future. This visual exercise allows you to see your dreams laid out before you. Also, it serves as a powerful reminder of your capacity to dream big.

We want to dream with you! Share at [#SagewellLiving](https://twitter.com/SagewellLiving)

