



CORAZON S. ATAYDE  
MEMORIAL FOUNDATION

## Creative Tools for Self-Care

### ***Morning pages, or stream of consciousness writing.***

Every morning (or evening, when you have at least 15-20 minutes to yourself), fill up three pages in your diary, or three whole pages of A4 paper, with your thoughts. You don't need to plan what you're going to write, it doesn't have to make sense, the sentences don't have to be connected. You don't even need to have sentences, punctuation, good grammar or correct spelling. Just write wherever you are at that moment, you can start with "I have no idea what I'm going to write." "This is stupid." "Why do I even want to write???" Whatever it is you've got in your mind, write it down. Write that until three pages are full.



It helps to set your timer to 10 or 15 minutes. This way, you won't be tempted to overthink, to try to make your morning pages look "nice."

Doing morning pages gets the garbage out of your mind. It helps one get through the detritus of our muddled consciousness, and work through the confusion, joy or pain that may accompany daily life, in order to glimpse moments of clarity surrendered from the depths of the subconscious, to harvest the nuggets of epiphany awaiting discovery. You might discover how you truly feel about people and things, uncover ideas for your next creative project or, or show the next few steps in your path towards an uncertain future.

Do NOT show your morning pages to anyone. Don't reread them either. They are not up for criticism or analysis. This is not their purpose.

Morning pages can be a daily spiritual practice, a way to "write yourself sane." By writing your self, you can right your self.

## ***Positive Affirmations***

Write down a positive statement about yourself ten times. For example, “I am an amazing teacher.” As you write these down, take note of what your Internal Censor starts saying. “Really? Says who?” “Who do you think you are?” etc. These negative statements are called blurts. After writing down your ten positive sentences, write down the blurts that came up.

Try to see if you can remember who said them, or what was the event that first made you feel that way. If you like, write it down, write out the story in detail. There is power in telling one’s story. When shame is brought out to the light, it diminishes its power over us.

Transform each blurt into a positive affirmation. For example: “I’m not good enough” can be transformed into “I am enough”. When you are having difficulty creating an affirmation, you can use this all powerful mantra to transform your mind and your vibration: “I love and approve of myself.” Remember, words have power! Say it at least ten times, every day, and see how it changes your life.



## ***Play date with your inner child***



Make a list of 20 of your favorite, FUN things to do. Every day, choose one thing to do from the list. Yes, schedule in this playtime with yourself, in the same way you schedule in meal times and exercise. Baking, drawing, taking a walk through Burnham Park or the Yellow Trail, looking at all the multicolored threads and cloths at 5 Cents And Up, buying a few crafting items, knitting, sewing, dance class, etc.

When you make time to play and have fun, you lighten up, raise your vibration and allow more good to flow into your life.



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## ***Laughter is the Best Medicine***

Exercise: Choose your favorite song. Change the lyrics by writing in a funny way about your problem. Sing it out loud.



When choosing something to read or watch, be mindful about the content. Choose something uplifting or funny. This is especially important when you are going through challenging times. Inspiring or humorous content can help keep you in a good mood.

## ***Line Up With Your Passion!***



Follow your joys and curiosities. If you get an inner nudge to clean your room, follow it. If you are interested in taking that weaving class or following a Zumba or Yoga class on YouTube, go for it! Bringing more joy into your life, finding joy in your little curiosities, raises your vibration, improves your emotions. Learning to listen

to your inner voice not only brings you into a deeper connection with your soul, it also brings you in contact with the Divine.

Be honest with where your passion is, and do it! Do what makes you happy. Do what brings you to life, not what deadens you. You have gifts to bring into the world. Taking care of your vibration brings you into a higher consciousness. The consciousness with which you work is more important than your skill. Being in higher consciousness allows



the Divine to work through you. When you do what you love in a high consciousness, then you bring healing to yourself and to the world.