

# CREATIVE RESET GUIDE



Reconnect with your creativity.  
No pressure. No expectations.

# You're Not Behind

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Life gets full.

Work, responsibilities, unexpected moments... and somewhere in the middle of it all, creativity gets pushed to the side.

*Not because you don't care.*

*Not because you're not creative.*

But because you've been carrying a lot.

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So if it's been a while since you've created something... this is your reminder:

*You didn't lose your creativity.*

*You just paused.*

And the beautiful thing about creativity is... it doesn't leave you.

**It waits.**

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No pressure. No judgment. No expectations.

*Just waiting for you to come back.*

# Your 10-Minute Creative Reset

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This is not about perfection. This is not about making something amazing.

**This is about starting.**

**Step 1**

Grab anything near you: paper, pen, fabric, old supplies, scraps — anything.

**Step 2**

Set a timer for 10 minutes.

**Step 3**

Create something. No rules. No right way. No expectations. Just move your hands and let it be whatever it is.

**Step 4**

Do not judge what you made. You are not here to impress anyone. You are here to reconnect.

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**That's it.**

Not an hour. Not a full project.

**Just 10 minutes.**

**Because starting small is how you come back.**

# Notice What Changed

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**Take a moment to reflect:**

- *How did it feel to start?*
- *What thoughts came up while you were creating?*
- *Did anything surprise you?*
- *Do you feel even slightly different than before?*

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*There is no right answer.*

*The goal was never perfection.*

The goal was to remind you:

**You can still create.  
And that matters.**

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*If you're ready for more...*

I've created a space where you don't have to do this alone. A place to create, reflect, and reconnect — without pressure.

## Creative Exchange

*A guided space for people who are finding their way back to creativity. Join me for weekly Zooms.*

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*You don't have to wait until everything is perfect.*

**You can start again... right where you are.**

**Let's Connect**

**Website: [www.craftyourexperience.com](http://www.craftyourexperience.com)**

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