

Ideas for Getting off the Couch!

By Leslie Ackman/Brave Heart Sisterhood Art Journaling

- *Connect with someone
- *read a book
- *make a top ten gratitude list
- *go outside
- *take a walk
- *Create in your journal
- *Create a Soul Card using index cards, images, words and a glue stick
- *cut images out of a magazine
- *paint a background in your journal
- *write a letter to a friend and mail it
- *Bake a fave treat for your sweetie, a friend or co-worker
- *light a candle and just be still...no noise
- *go through old photos, jot down any memories you want to record
- *create a collage of your family photos
- *Create positive affirmation cards and give to a friend
- *Get up and STRETCH...I love listening to relaxing music on YouTube and doing this!!
- *Dance to a fave song
- *Enjoy a hot cup of tea
- *Smile
- *do your nails
- *take a nice long bath
- *listen to your favorite music and let your mind just Be...jot down any thoughts that come to you or memories

- *treat yourself to coffee or other treat out
- *Create your ideal record album...write at least 5-7 songs per side...then take a listen to them in that order
- *Treat yourself to a day of thrifting...limit yourself to \$10
- *Go to the library and read your fave magazines. I love reading People Magazine at the library!
- *Go on a photographic journey with your phone outside...take photos of anything that catches your eye
- *Go for a walk and try to find Heart Shape rocks
- *Sit outside and birdwatch
- *Spend some time reading your favorite artists blog or looking at their artwork
- *Try your hand at a new art technique
- *Choose an artist you love, find them on Youtube...watch one of their videos
- *Take a few bottles of your fave acrylic paints, a piece of tissue paper and make marks...perfect background paper!

Add your own ideas here