The Inner Canvas

A Guided Creative Awakening for Women in Midlife and Beyond



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Phase 2: Letting Go and Moving Forward

Week 8: Nurturing Joy and Playfulness

THEME: Reclaiming Delight + Reawakening the Inner Child

[Grounding Practice]

- Sit or stand, eyes closed. Sway gently.

- Inhale: "I give myself permission to feel joy."

- Shake out your hands, feet, face. Let your body know it's safe to play.

[Journaling Prompts]

- When was the last time I felt truly joyful?

- What made me light up as a child?

- What feels playful now?

- What holds me back from play?

- What if I chose joy more often?

Optional: Create a list of 10 small joyful things.

[Art Directive - Movement & Mark-Making]

MATERIALS: Large paper, paint, markers, crayons, found tools

INSTRUCTIONS:

1. Play music that makes you move.

2. Dance, sway, or move while you create.

3. Use playful tools or body parts to paint/draw.

4. Don't overthink-focus on the feeling.

5. Create from your inner child.

[Reflection Prompts]

- What surprised me while creating?

- What shifted when I stopped trying to control the outcome?

- Where in my life do I need more joy?

[Closing Ritual]

- Sit with your artwork.

- Whisper: "Joy lives in me. I choose to meet life with play."

- Thank your inner child for showing up.

[Optional Enhancements]

- Music: Rhythmic or joyful beats

- Crystals: Citrine or sunstone

- Scents: Orange, jasmine, peppermint

- Objects: Toy, silly socks, bubbles

- Bonus: Invite someone to create/play with you