

# Creative Self-Reflection Exercises

## Instructions:

The following reflection writing exercises are designed to inspire creativity, explore your imagination, and deepen your self-awareness.

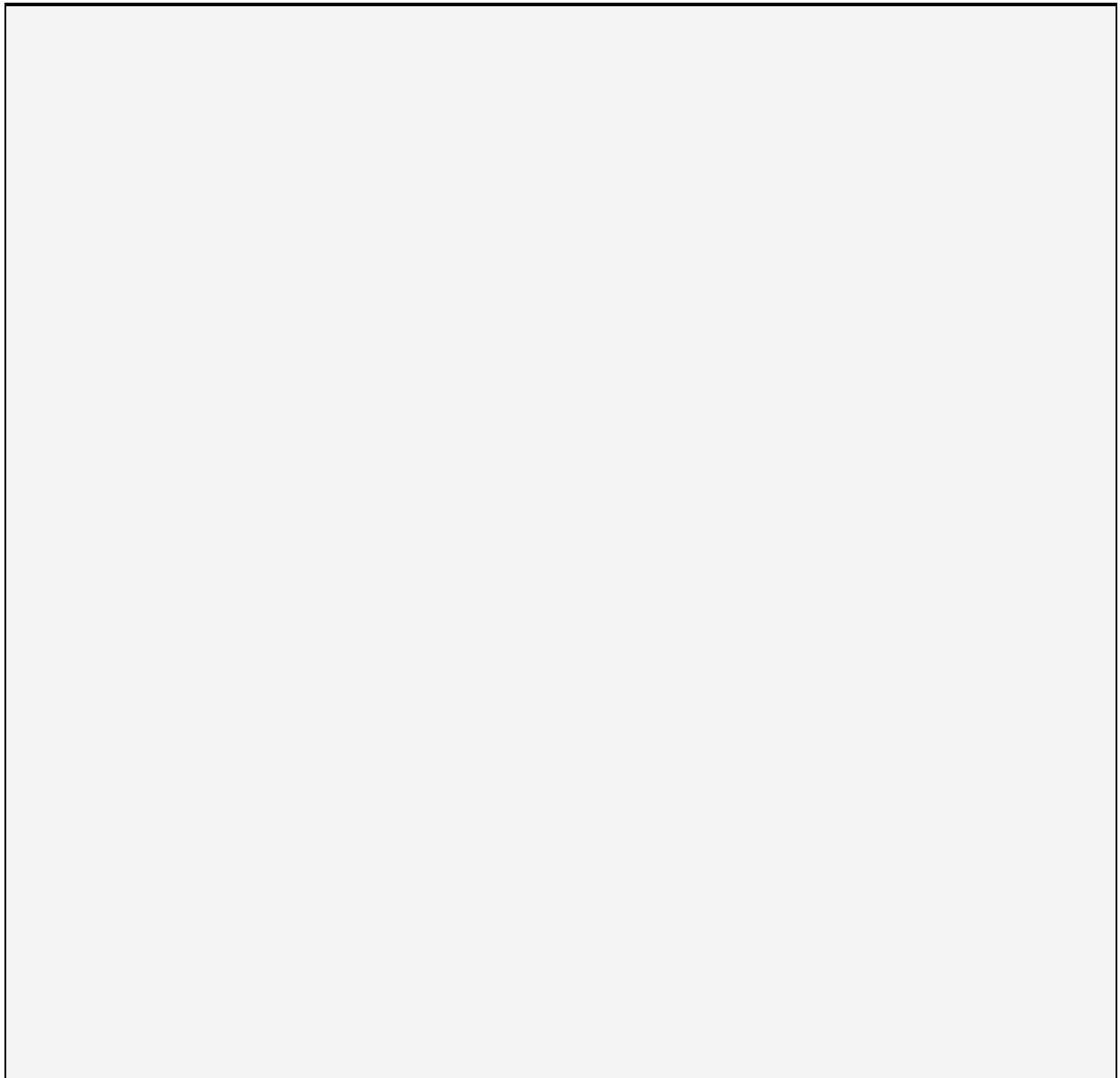
Approach these 5 prompts with an open mind and allow your thoughts to flow freely. Write down your responses without judgment or inhibition. Use this opportunity to tap into your unique perspective and embrace the power of your creativity.

Each page has a different writing prompt with plenty of space to write your response. You don't need to completely fill out each box, but the more writing you do the better.

Continue to the next page to begin.

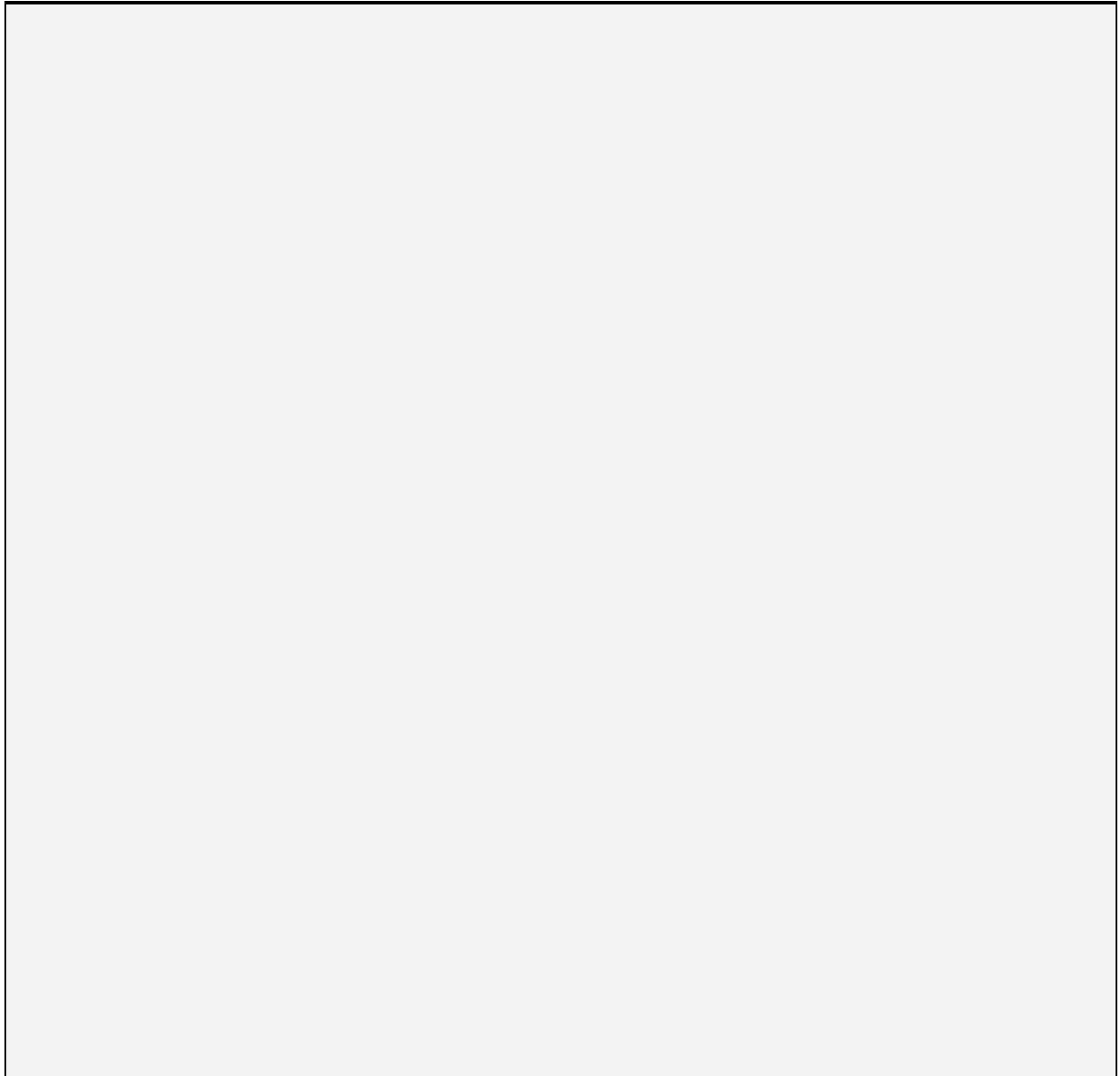
## **Exercise #1: Spirit Animal**

Choose one animal that you believe represents your “spirit animal.” This is any living creature that resonates with you on a deeper level. Why did you choose them? What traits and characteristics do you have in common? What do they symbolize to you? How can you embrace this spirit animal to live a better life?



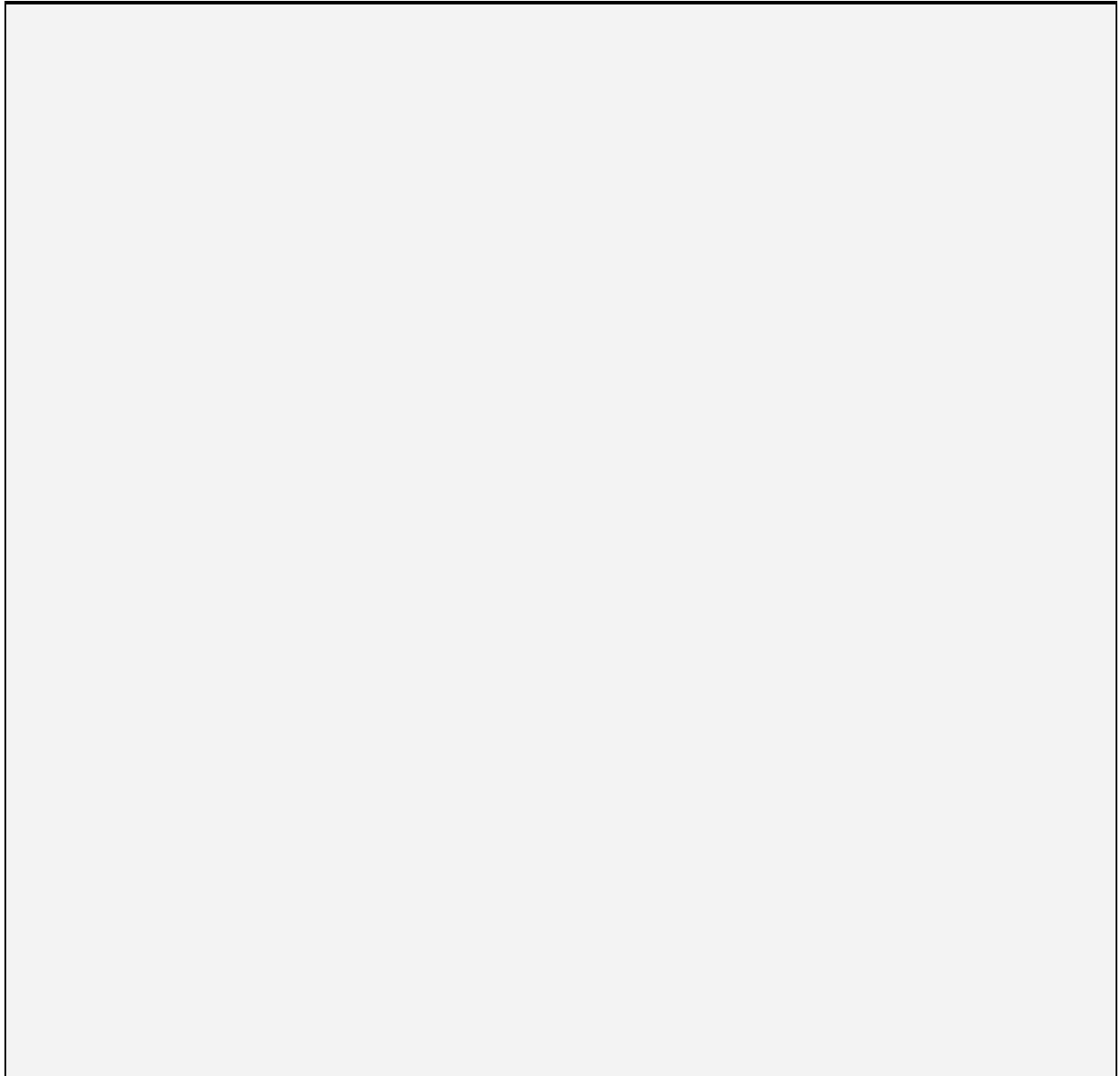
## Exercise #2: Last Day on Earth

Imagine that you knew it was your last day on earth. How would you spend it? What people would you like to be with? Where would you like to go? What activities would you do? How could you make the most of your last 24 hours on this planet? What would your final words be?



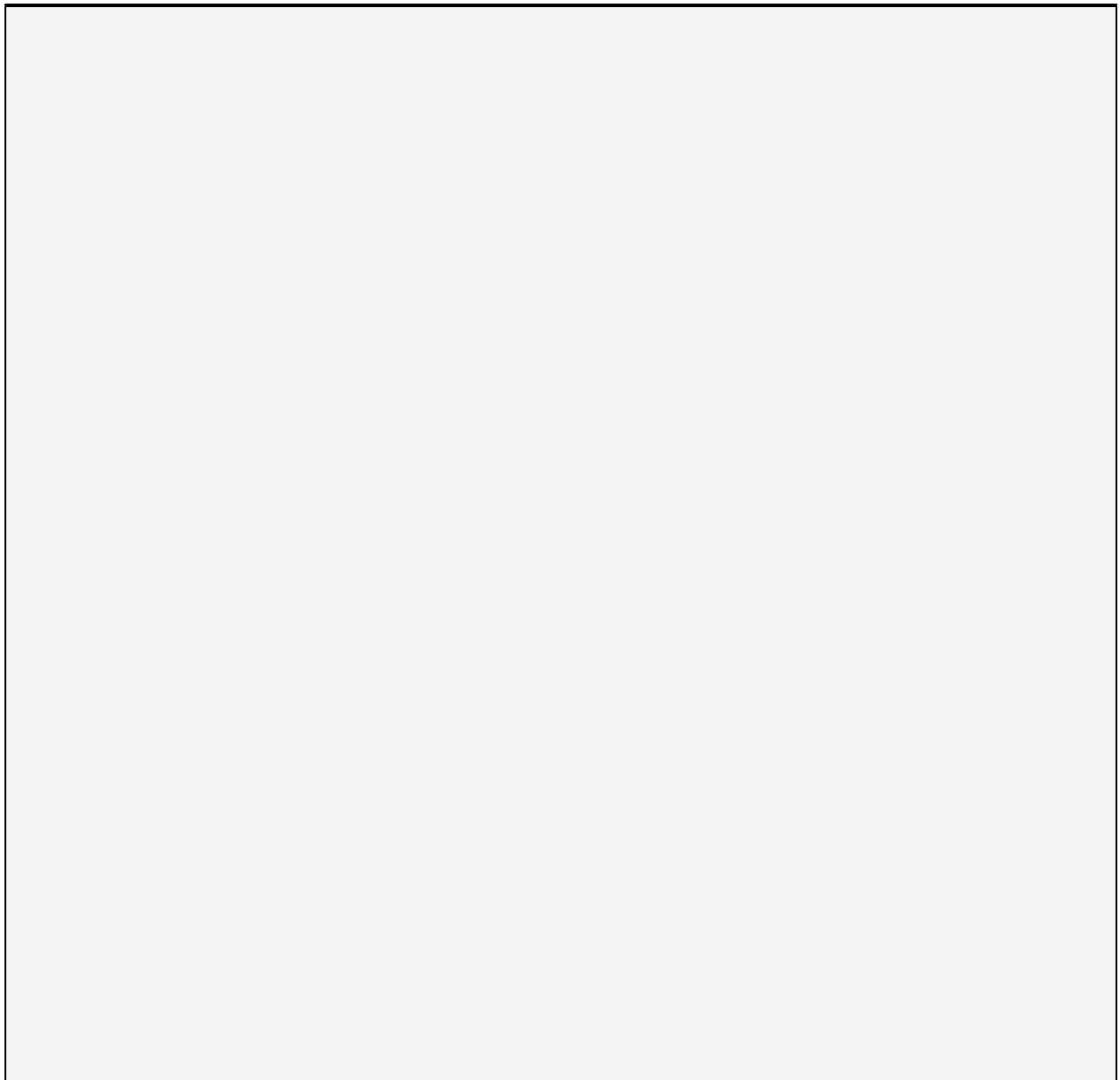
### **Exercise #3: History**

If you could time travel back to any historical period, where would you go and why? What famous figures would you like to meet? What would you ask them? What historical events would you like to witness or be a part of? Is there anything you would try to change while you were there?



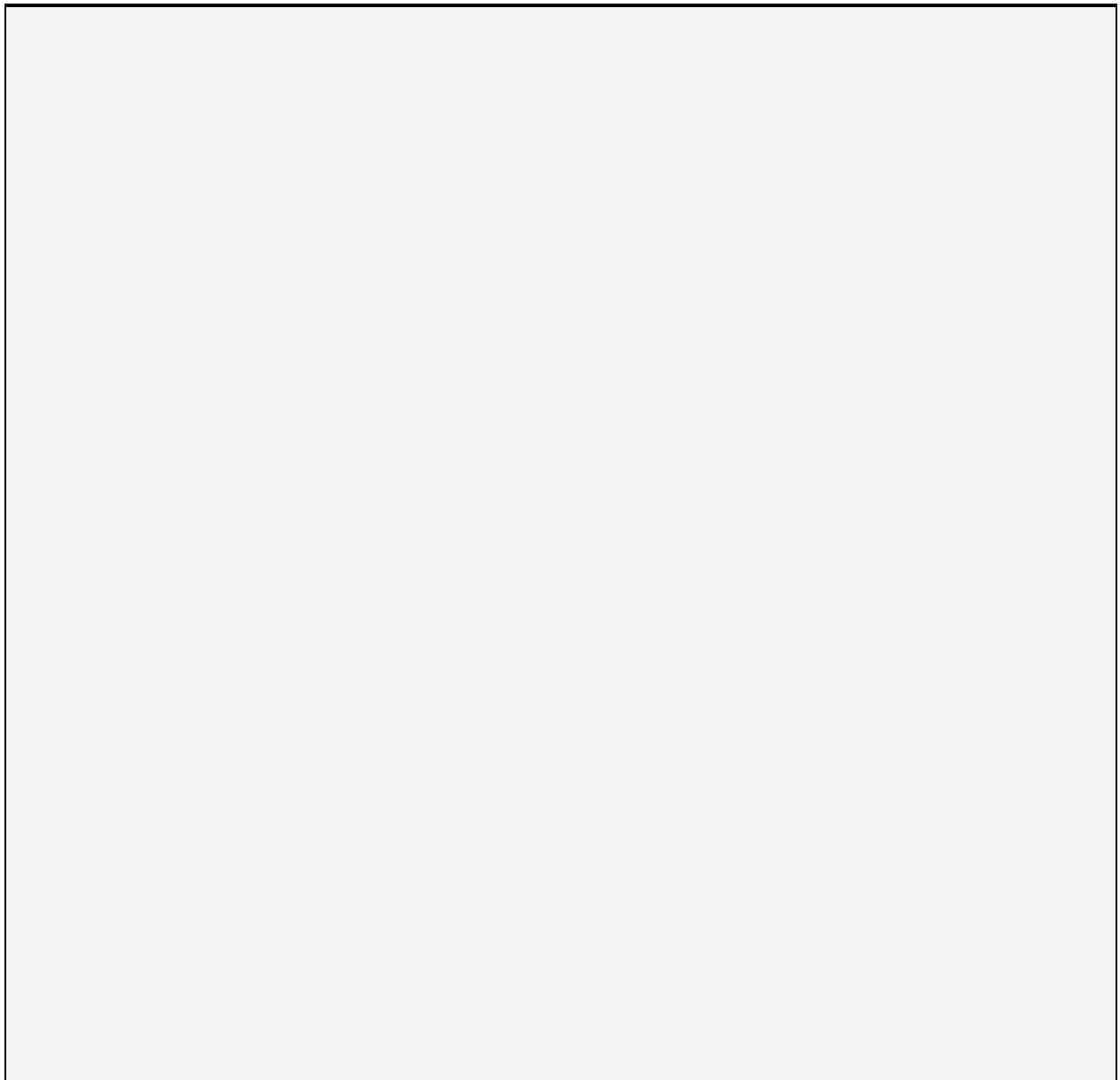
## Exercise #4: Magical Object

Invent a magical object that has symbolic significance to you. What are its powers? Describe its appearance, abilities, and the enchantments it can perform. How did you discover this object, and what would you use it for? Write a short story or create a dialogue between characters who interact with this magical object and experience its wonders.



## **Exercise #5: Future Self**

What type of person would you like to be in 5, 10, or 20 years in the future? Take the perspective of this future self and describe all the ways your life would be different. If you could write a letter to your present self, what type of advice, insights, or warnings would you share? How can you use this wisdom to change your current actions?



Congratulations, you've completed all the exercises!

Take a moment to reflect on the imaginative and creative journey you've embarked on through these writing prompts. Notice any insights, emotions, or new perspectives that emerged during the process. Embrace the power of your creativity and consider how you can incorporate more imaginative thinking into your daily life. Writing is a powerful tool for self-expression and self-discovery, so continue to explore and nurture your unique voice and perspective.