

# INSPIRATION FOR WINTER

## START JOURNALLING

I believe everyone has original, unique, quirky, special and unusual ideas, and some special thoughts, experiences or understandings that belong only to them.

If you do not express them, then no one else ever will. There are things you have known or loved or understood in your own special way since you were a young child, and these will have been amplified in certain unique ways by your life experience.

Original creative ideas are not created in public, as this is not a safe space for them and it never was. Look at anyone who has had brilliant ideas and changed the course of history, and you will see they had private incubation space for their ideas. Often they had to ward off disapproval and criticism. They had a room of their own, and in that room they sat and wrote or drew or doodled about thoughts and ideas that

anyone else would have judged as preposterous or even heresy.

A journal is the private space where you believe in your ideas and your unformed, unknown thoughts. Your journal is where you can be the best version of you that is still in the process of being discovered, where you know you're going to be the best at what you do, and where you are prepared to work away until your projects, your ideas, or your newly minted sense of yourself, are robust enough to be seen in public.

Edited extract from *The Journal Writer's Companion: Achieve Your Goals, Express Your Creativity, Realize Your Potential* by Alyss Thomas, Exisle Publishing.

JOURNALLING CAN BE PART OF WINTER HIBERNATION. READ MORE ON PAGE 58.

Tap into your creativity beyond words. An art journal is not about perfection but free self-expression, and having a creative centre to curate your ideas.



“I’VE KEPT A JOURNAL ALL MY LIFE, AS FAR BACK AS I CAN REMEMBER. I WAS ALWAYS EXCITED BY THE POTENTIAL OF THE FRESH NEW JOURNAL PAGES, WAITING FOR MY LIFE TO OPEN UP IN FRONT OF ME”

## MAKE YOUR OWN CHRISTMAS!

We’ve made homemade crackers for Christmas. See the instructions on page 54.

We also made our own gifts to go inside: small seed parcels with dried sunflower seeds, wrapped in pieces of fabric tied with string.

These are great cracker gifts but could also be hung on the Christmas tree.

FOR IDEAS TO MAKE YOUR OWN EDIBLE GIFTS SEE OUR RECIPES ON PAGES 65-68.

