

# P r a c t i c e

@JennyLandisCreative  
YouTube



## Mini Heart Awakening

Here's a simple exercise you can do right now to start opening  
your creative heart:

1. Find a quiet space, bring any paper, and something to draw or paint with.
2. Place one hand on your heart and take three slow breaths.
3. Ask yourself: "What does my heart want to say right now?"
4. Let your hand move freely across the page. No rules, no mistakes.
5. When you're done, look at your creation and notice how it makes you feel.
6. Name it, and one word that came through for you in this practice.

Imagine what could happen if you gave yourself this space every  
week.

This is the beginning.

The Collective Spark  
Community on SKOOL