

Your Creative Map:

A Rather Quick Start Guide

The following ideas are based on “Dirt Roads and Dog-Eared Pages: Mapping Your Creative Path”

Offering Simple exercises to help you explore, reflect, and move your creative projects forward. If you need more help, there's the full version that comes out every two weeks on this website and as a subscriber you'll get that. Or you can see if working with me as [a creativity coach](#) is a better fit, one where we make sure you and your own projects get the individual help you crave.

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Welcome!

Thanks for signing up. This guide is about getting started with your creativity in small, practical ways.

No pressure, no overthinking — just simple steps to explore, reflect, and create.

Use it alongside your Creative Archetype quiz result. Pick one or two exercises at a time and make them your own.



Map Your Creative Life

Take a sheet of paper or your journal. Draw a simple “map” of where you are creatively:

- What projects are you working on or dreaming about?
- Where do you feel stuck?
- What gives you energy or inspiration?

Keep it rough — doodle, brainstorm, or jot bullet points. This is just for you. Look at where you've come from and mind-map out where you would like to head next. What would you like to learn, practice, explore?



Daily and Weekly Practices

Daily Reflection (5–10 minutes):

- What did I create or notice today?
- What small step can I take tomorrow to move a project forward?
- What distracted me, and how can I adjust?

Weekly “Artist Date” (1 hour):

- Visit a gallery, park, or market
- Try a new creative medium or prompt
- Take a walk and collect ideas

Mini Creative Experiments:

- 5-minute freewrite
- Sketch or doodle without judging
- Short story or poem from a random prompt
- Try a new routine or workspace arrangement



Track and Reflect / Next Steps

At the end of each week, jot a few notes:

- What worked?
- What felt blocked or difficult?
- What did I enjoy most?

Next Steps:

If you want more self-paced guidance, the full *Dirt Roads and Dog-Eared Pages* series includes:

- Weekly exercises
- Prompts tailored to different creative styles
- Ways to map projects, routines, and habits

Check it out here:

<https://sarahleamy.com/2025/11/15/dirt-roads-and-dog-eared-pages-mapping-your-creative-path/>

And here's one of my latest experiments on a huge (for me) canvas, playing with pastels and acrylics. That was fun to do!

