



CREATIVE COMPOST RITUAL

Set aside time to reflect on your creative process. Consider not just what you created, but your whole creative ecosystem.

How does your body feel? Check in with your nervous system. What do you need?

How are your energetic levels (physical, emotional, social, creative, spiritual)?

What drained your energy during this season? Did that feel in balance with the energy you regenerated?



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What was the shape or structure of your creative process this season? Did it feel in alignment?

What did you create this season? What progress was made? What ideas were generated?)

What lessons have you learned? What will you bring forward? What might you do differently?
How can you better support yourself?

What can you celebrate? What sounds playful or regenerative? Who might you like to celebrate with?