

discover the magic of
mindful creativity
with the

Attentive**Art**



Creative Mood Tracker

a few creative minutes a day
every day for thirty one days

measure your mood and look for
the clues + some helpful inspiration
along the way. X

date



I FEEL

I AM

I CAN

*Believe in yourself.
You are braver than you
think, more talented
than you know, and
capable of more than
you imagine.
— Roy T. Bennett*

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

*It's not whether you get
knocked down. It's
whether you get up. —
Vince Lombardi*

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

*If you believe
it will work out,
you'll see opportunities.
If you believe it won't,
you will see obstacles.
— Wayne Dyer*

Notes...

date



I FEEL

I AM

I CAN

Notes...

date

I FEEL

I AM

I CAN



Too many of us are
not living our dreams
because we are living
our fears. — Les
Brown

Notes...

date

I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

Hard times don't create heroes. It is during the hard times when the 'hero' within us is revealed. — Bob Riley

Notes...



Notes...

date



I FEEL

I AM

I CAN

date



I FEEL

I AM

I CAN

Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change. — Unknown

Notes...

date



I FEEL

I AM

I CAN

Notes...

date



I FEEL

I AM

I CAN

Believe you can and you're halfway there.
— Theodore Roosevelt

Notes...



Notes...

date



I FEEL

I AM

I CAN

date



I FEEL

I AM

I CAN

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. – Francis of Assisi

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

The future belongs to those who believe in the beauty of their dreams – Franklin D. Roosevelt

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. — Dale Carnegie

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.
— Roy T. Bennett

Notes...

date



I FEEL

I AM

I CAN



Notes...

date

I FEEL

I AM

I CAN



It is during our darkest moments that we must focus to see the light. — Aristotle Onassis

Notes...

date

I FEEL

I AM

I CAN



Notes...

date

I FEEL

I AM

I CAN



*Whatever
the mind can conceive
and believe, it can
achieve. —
Napoleon Hill*

Notes...

date

I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

Go confidently in the direction of your dreams. Live the life you have imagined. — Henry David Thoreau

Notes...

date



I FEEL

I AM

I CAN



Notes...

date



I FEEL

I AM

I CAN

“Instead of worrying about what you cannot control, shift your energy to what you can create.” - Roy T Bennett

Notes...



Notes...

date



I FEEL

I AM

I CAN

date

I FEEL

I AM

I CAN



Here's an extra page for those months with 31 days. Have a look at Plutchick's Wheel of Emotion below to see how it compares to how you've been feeling this month. X

The only person you are destined to become is the person you decide to be. — Ralph Waldo Emerson



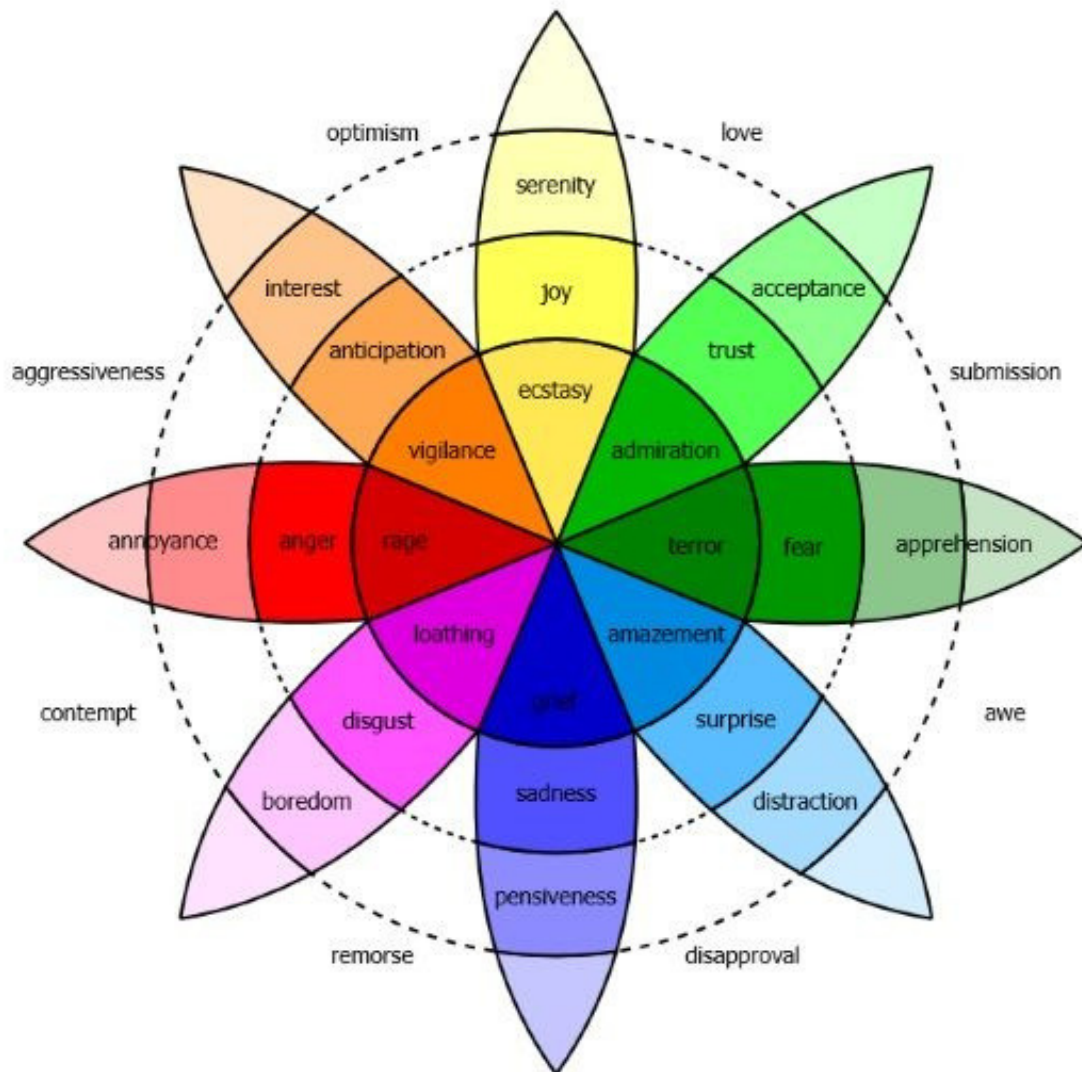
www.theattentiveartist.com

Final thoughts...

...don't forget to smile ♥

This is Plutchick's Wheel of Emotion

how does it compare with the colours you have used this month to describe how you feel?



If you want to find out more about the benefits of mindful creativity and how it can help you, visit theattentiveartist.com and book a call to talk about it. X