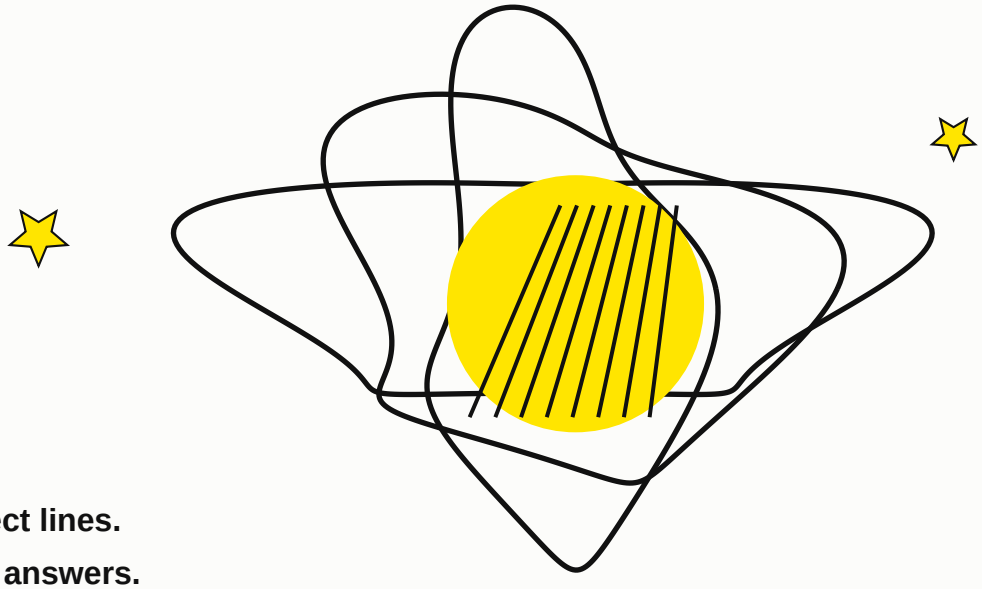
# CREATE WITHOUT RULES

A guided space to draw, notice, and reflect.



**No perfect lines.**

**No right answers.**

**Just you.**

# THIS SPACE IS YOURS

A NOTE BEFORE YOU BEGIN

This workbook is an invitation to experiment with drawing as a way to pause, notice, and express. You do not need to be artistic. You do not need to explain every mark. You can skip any prompt that does not feel right.

### What made me pick up this workbook today?

A feeling, a question, curiosity, boredom, or simply wanting a little space.

### What would make these pages feel useful to me?

Keep it realistic. One small thing is enough.

# HOW TO USE THESE PAGES

A GENTLE GUIDE

Choose your own pace. Try one page or several. Use pencil, pen, crayons, or a digital drawing tool. There is no score, streak, or correct outcome.

| | |
|---|---|
| **1. ARRIVE** | Take one comfortable breath and notice your surroundings. |
| **2. MAKE** | Draw, scribble, shade, write, or repeat a shape. |
| **3. NOTICE** | Describe what you see without judging whether it is good. |
| **4. REFLECT** | Answer only the questions that feel helpful. |
| **5. CLOSE** | Choose one small next step, or simply stop. |

**MY PERSONAL PERMISSION SLIP**

# AS YOU ARE

01 / ARRIVE

Before you draw, check in without trying to change how you feel. There is no right or wrong answer. Honesty can be simple.

**What is taking up space in my mind today?**

**My energy today (circle one):**

1 2 3 4 5 6 7 8 9 10

Very low Very high

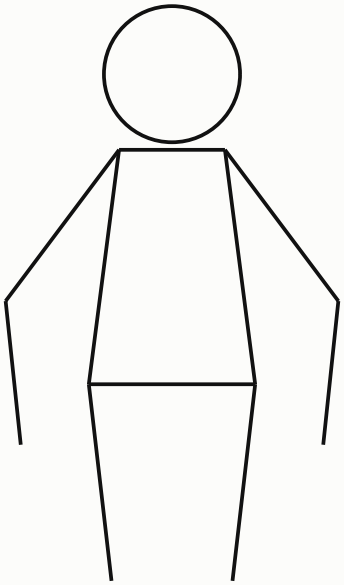
**Three words for how I feel right now:**

# WHERE DO I FEEL IT?

02 / NOTICE

Sometimes feelings show up as tension, warmth, heaviness, energy, or no obvious sensation at all. This is observation, not a test.

**Use the outline to mark sensations, or draw your own shape.**



**What did I notice, if anything?**

# LET THE LINES LEAD

03 / MAKE

Start with one line. Add loops, dots, zigzags, waves, or shapes. Let your hand move before your mind decides what it should become.

**YOUR INVITATION**

Draw for two minutes without planning. Notice what happens when you stop trying to make it look like something.

**MAKE YOUR MARK**

**After making, I notice…**

# A PATTERN FOR THIS MOMENT

04 / MAKE

Choose one small mark and repeat it. Change the size, spacing, or direction whenever you like.

## YOUR INVITATION

What did repetition feel like: soothing, boring, absorbing, irritating, or something else? There is no preferred answer.

## MAKE YOUR MARK

**After making, I notice…**

# IF MY MOOD WERE WEATHER

05 / EXPRESS

Draw your current mood as weather: fog, bright sun, a passing shower, wind, or a sky of your own invention.

# COLOUR WITHOUT RULES

06 / EXPRESS

Choose colours by instinct, not by what seems correct. Fill shapes, layer marks, or make a colour map of the day.

## YOUR INVITATION

Which colour did you reach for first? What, if anything, does it mean to you?

## MAKE YOUR MARK

**After making, I notice…**

# DRAW THE SOUND OF TODAY

07 / EXPRESS

Imagine today as a sound. Is it a hum, a drumbeat, a whisper, a crowded room, silence, or something unexpected?

**YOUR INVITATION**

Use lines, dots, size, and movement to draw the sound. You can also write words around it.

**MAKE YOUR MARK**

**After making, I notice…**

# A MAP OF MY INNER WORLD

08 / EXPLORE

Draw an imaginary place that represents how life feels at the moment. Add paths, walls, open spaces, weather, or places to rest.

**YOUR INVITATION**

Which part of the map would you like to spend time in? Which part needs more room?

**DRAW / WRITE / EXPERIMENT**

**What stands out to me?**

**One small next step, if useful:**

# WHAT IS TAKING UP SPACE?

09 / EXPLORE

Make several shapes on the page. Put a thought, task, worry, hope, or unfinished thing inside each shape. Keep details private if you prefer.

**YOUR INVITATION**

Which item feels most urgent? Which one can wait? Which one might not be yours to carry?

**DRAW / WRITE / EXPERIMENT**

**What stands out to me?**

**One small next step, if useful:**

# THE THOUGHT BUBBLES

10 / REFLECT

Draw bubbles of different sizes. Put thoughts in them, or use colours and symbols if words feel like too much.

## YOUR INVITATION

A thought can be present without being a fact or an instruction. Which bubble can you set down for now?

## MAKE YOUR MARK

**After making, I notice…**

# WHAT IS WITHIN MY CONTROL?

11 / REFLECT

Draw two containers: one for what you can influence, and one for what you cannot fully control. Add items to each.

**YOUR INVITATION**

Choose one small action from the first container. Let the second container remain unfinished for now.

**MAKE YOUR MARK**

**After making, I notice…**

# THE OVERTHINKING MAZE

12 / REFLECT

Draw a maze with more than one route. Include dead ends, pauses, shortcuts, or a place to stop.

**YOUR INVITATION**

What would a kind next step look like if you did not need to solve the whole maze today?

**MAKE YOUR MARK**

**After making, I notice…**

# MY ROOTS AND BRANCHES

13 / RECONNECT

Draw a tree. Roots can represent what grounds you; the trunk, what supports you; branches, what you want to explore or grow toward.

**YOUR INVITATION**

What is already helping you stay steady, even if it is small or ordinary?

**MAKE YOUR MARK**

**After making, I notice…**

# THE ROOMS OF MY LIFE

14 / RECONNECT

Draw a house with rooms for work, relationships, rest, play, learning, and private hopes. Add rooms that fit your life.

**YOUR INVITATION**

Which room gets the most attention? Which room would benefit from a little care?

**DRAW / WRITE / EXPERIMENT**

### What stands out to me?

### One small next step, if useful:

# A FLOWER OF SELF-WORTH

15 / RECONNECT

Draw a flower with petals for qualities, skills, values, boundaries, or moments you handled with care.

**YOUR INVITATION**

Choose a quality that matters even when nobody else notices it.

**MAKE YOUR MARK**

**After making, I notice…**

# MY MANY SIDES

16 / RECONNECT

Draw a constellation, collage, or collection of shapes for the different roles and sides of you. They can coexist without matching.

**YOUR INVITATION**

Which side of you needs more room? Which side has been working hard lately?

**MAKE YOUR MARK**

**After making, I notice…**

# WHAT HELPS ME FEEL GROUNDED?

17 / CARE

Draw or list ordinary things that help you feel present: a place, a routine, a sound, a person, movement, or a small task.

# A PLACE I CAN REST

18 / CARE

Create a real or imaginary place where you could pause. Add textures, colours, light, objects, and boundaries that make it feel comfortable.

**YOUR INVITATION**

What is one small element of this place you could bring into your actual day?

**MAKE YOUR MARK**

**After making, I notice…**

# DRAW YOUR SENSE OF CALM

19 / CARE

There is no universal picture of calm. It might look like a quiet corner, a moving river, a warm colour, or something entirely different.

**YOUR INVITATION**

What helps you feel a little more settled? What does not help, even if people recommend it?

**MAKE YOUR MARK**

**After making, I notice…**

# A KIND NOTE TO MYSELF

20 / CARE

Use words, symbols, or sketches. Write to yourself as you would speak to someone you care about who is having a difficult day.

**YOUR INVITATION**

What would be honest and kind, without pretending everything is fine?

**MAKE YOUR MARK**

**After making, I notice…**

# MY YES / MY NO

21 / BOUNDARIES

Draw two doors or two circles. One represents what you want to welcome; the other, what you need to limit or decline.

**YOUR INVITATION**

What boundary could protect your time, attention, energy, or values this week?

**MAKE YOUR MARK**

**After making, I notice…**

# PEOPLE WHO HELP ME FEEL LIKE ME

22 / CONNECTION

Draw a constellation of supportive connections. Include people, communities, pets, places, or resources that help you feel seen.

**YOUR INVITATION**

Is there one low-pressure way to connect with support when you need it?

**MAKE YOUR MARK**

**After making, I notice…**

# WHAT I AM READY TO RELEASE

23 / CHANGE

Draw a leaf, paper boat, open window, or container for something you are ready to loosen your grip on. You do not have to be fully ready.

**YOUR INVITATION**

What can you release a little, rather than solve or erase completely?

**MAKE YOUR MARK**

**After making, I notice…**

# WHAT I WANT TO GROW

24 / CHANGE

Draw seeds, branches, steps, or a landscape for something you want to nurture. Keep the focus on process rather than perfection.

**YOUR INVITATION**

What is one small repeatable action that could help this grow?

**MAKE YOUR MARK**

**After making, I notice…**

# A POSTCARD FROM FUTURE ME

25 / FUTURE

Imagine a future version of you writing a short postcard. Keep it grounded: what did you practise, ask for, stop doing, or make time for?

**YOUR INVITATION**

What is one sentence you would like your future self to remember?

**MAKE YOUR MARK**

**After making, I notice…**

# THE FIVE-MINUTE RESET

26 / QUICK PRACTICE

A short option for days when a full exercise feels like too much. Keep it simple and stop whenever you want.

| | |
|---|---|
| **MINUTE 1 / ARRIVE** | Notice three things you can see. |
| **MINUTE 2 / MARK** | Fill a small area with dots, lines, or repeated shapes. |
| **MINUTE 3 / CHANGE** | Change the pressure, direction, or size of your marks. |
| **MINUTE 4 / NOTICE** | Name one thing you see on the page. |
| **MINUTE 5 / CLOSE** | Choose whether to continue, pause, or finish. |

**A MARK I WANT TO LEAVE HERE**

# MY CREATIVE TOOLKIT

27 / BUILD A TOOLKIT

Different activities may suit different days. Make a personal menu rather than expecting one exercise to work every time.

### When I feel restless…

A short pattern, repeated lines, or a standing stretch.

### When my thoughts feel crowded…

Thought bubbles, a list, or a control map.

### When I feel disconnected…

A place drawing, a memory sketch, or a support map.

### When I want to explore…

Free drawing, colour play, or an inner-world map.

# WHAT DID I LEARN ABOUT MY PROCESS?

28 / LOOK BACK

You do not need a dramatic insight. Notice what you enjoyed, what felt awkward, and what you might choose differently next time.

**Which activity did I want to spend more time with?**

**Which activity was not for me, and that is okay because…**

**What did I notice about my attention, mood, or body?**

Keep it descriptive, not judgemental.

**What would I like to try next?**

# BEFORE YOU GO,
# TAKE WHAT YOU NEED.

You do not have to understand every mark you made. You can simply notice how it felt to make it. You can return to these pages, change your mind, or leave a page unfinished.

**One thing I noticed about myself:**

**One thing I want to remember:**

**One small, kind next step:**

This workbook offers creative wellbeing and self-reflection activities. It is not a diagnostic tool or a substitute for professional mental health care. Skip any activity that feels uncomfortable and seek appropriate support when needed.