



TRANSFORMING

NEGATIVITY

INTO

CREATIVITY



Ladies, Wine & Design

common
e*ception

Same You, Less Shit!

Tonight we're going to cut shit up and make good things happen together! We'll be turning our negative thoughts into creative energy, sorting out our truths from our fabrications.

Negative thoughts can be great for letting us know what's wrong – but they can also become a problem if we're saying them about ourselves or our work and repeating it. They can get stuck in our heads like a broken record – making it feel like a truth when it's not.

You can do any of these prompts again whenever you're having a bad day. There's no right or wrong way to do these activities

Feel the Feelings

- To start, how are you feeling today? Sit with it for a minute.
- On a blank piece of paper, start writing down your thoughts or you can think of the feeling as a shape, a colour or a pattern. What does it look like?

Release, Let Go

- On a new piece of paper, put your pen in the middle of the page.
- Now scribble!
- Don't stop until the page is filled in!



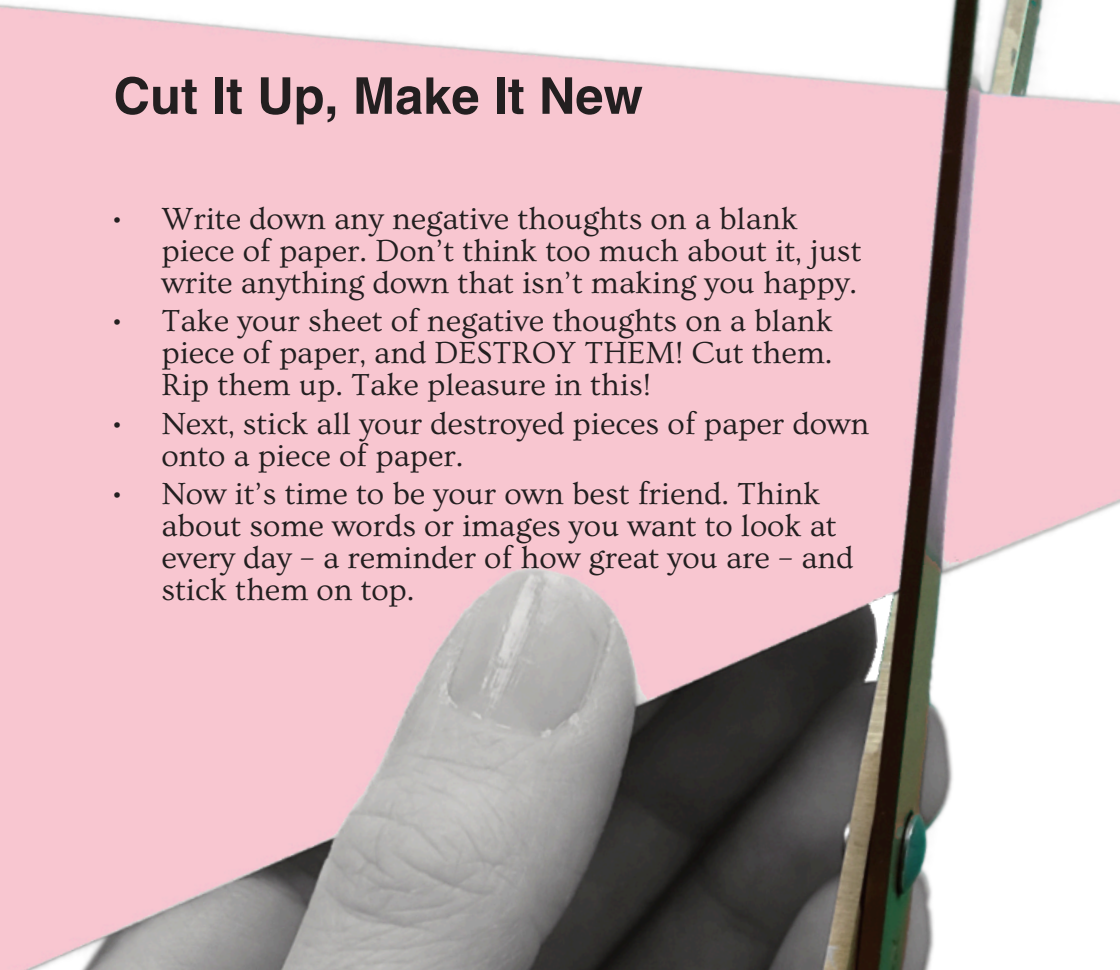
Ingratitude List

Next we're going to make an ingratitude list. These are all the things making us unhappy or we don't want in our lives.

- Take a blank piece of paper and drawing a line down the middle divide it in two.
- On the left side, write down all the things getting you down. Maybe you don't a client, a project or something in your personal life.
- What are the actions you can do to get rid of the ? Write these down on the right side.

Cut It Up, Make It New

- Write down any negative thoughts on a blank piece of paper. Don't think too much about it, just write anything down that isn't making you happy.
- Take your sheet of negative thoughts on a blank piece of paper, and DESTROY THEM! Cut them. Rip them up. Take pleasure in this!
- Next, stick all your destroyed pieces of paper down onto a piece of paper.
- Now it's time to be your own best friend. Think about some words or images you want to look at every day – a reminder of how great you are – and stick them on top.



Be Your Own Muse

- This activity is all about having fun and playing!
- For our final collage activity, we're going to create a collage that makes our heart sing when we look at it.
- The idea is when you feel those negative thoughts, you can look at your collage, remembering who you are and what you're about.
- You could:
 - Think about all the positive words to describe you and your work. Write them down and paste them on top of
 - Use the colourful paper to cut out shapes that bring you joy.
 - Draw a black outline around your shapes.
 - Make patterns!
 - Tear up the paper. Enjoy the sensation!
 - Layer the coloured paper.
 - Use the CRE8 tape to add colour.



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