

Thank you for downloading The Creative Break!

It's a simple way to take a break from the daily routine and stretch your creative muscle.

How to use it:

Take 10 minutes every day for a week to connect the dots and (re)discover an inspiring quote from a creative peer. Check the next page for more details on how to best use your Creative Break.

The benefits of connecting dots on a paper:

Break your daily routine.

Reinvigorate your creativity.

Trigger unique connections that can only happen when hand and brain are at work.

If it feels too simple, it's because it is!

The truth is, there is no step too small to nurturing your creativity!

Connecting dots literally is a great way to kickstart the process.

Enjoy your creative break!

Nathalie from mentorless.com

the creative Break

• HOW TO BEST USE YOUR CREATIVE BREAK •

1. PRINT

Print your copy of the creative break ebook in the landscape format.



2. TIME

Set-up 10 min. per day to take a creative break and complete one page.



3. TOOLS

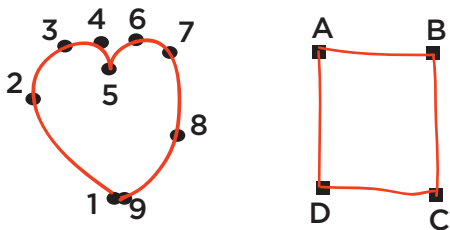
Use a pencil and an eraser for your first round.



4. CONNECT

Connect the dots, linking numbers with numbers and letters with letters.

TIP: try to curve your lines!



5. LET GO

Let go of perfectionism; this isn't to show at a museum. Seriously, don't take it too seriously.



6. REPEAT

(re)Discover quotes from a creative peer, and repeat the process the next day, for seven days.



the Break



Date  _____ Time  _____ Place  _____

12 dot-marker puzzles for the word "GOLF". Each puzzle consists of numbered dots (1-40) and letters (A, B, C, D, E) arranged in various patterns. Some puzzles include a large black dot.

The GAMES Break

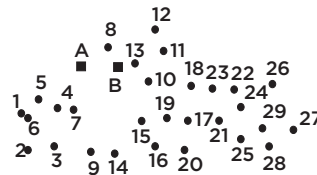
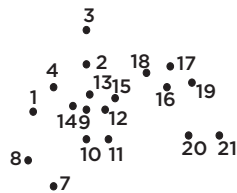
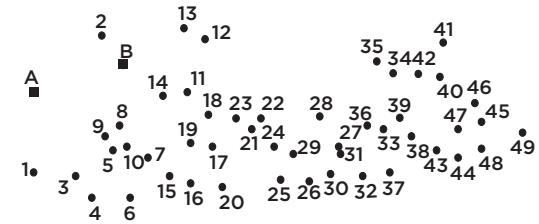
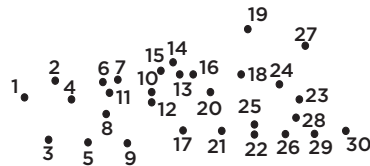
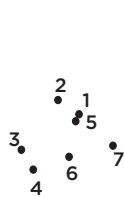
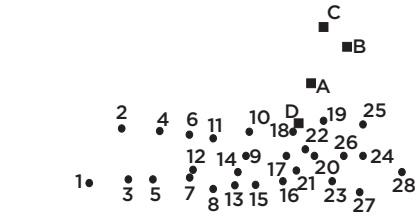
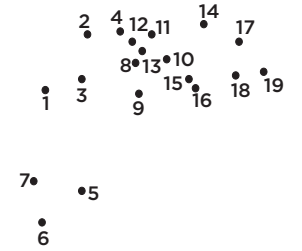
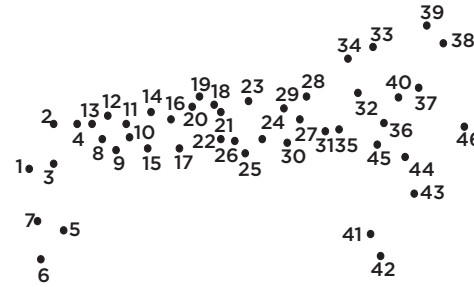
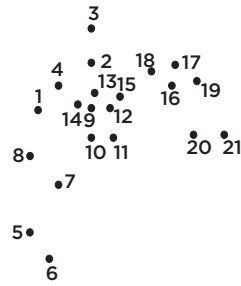
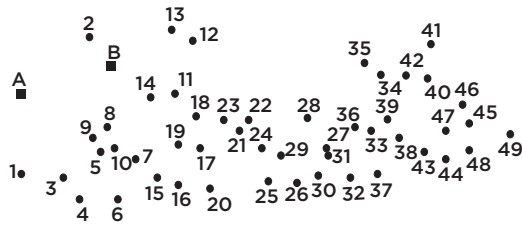
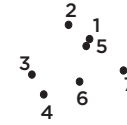
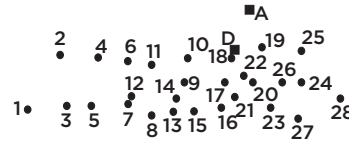
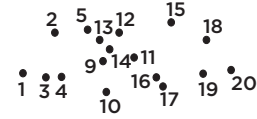
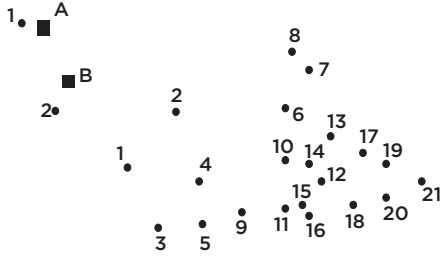


Date Time Place

The GAMES Break



Date _____ Time _____ Place _____



The Break



Date  _____ Time  _____ Place  _____

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2. ■ B
3.
4.
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A B
A B
A B
A B
A B

Vincent Van Gogh

The GOWIE Break



Date _____ Time _____ Place _____

The Break



Date  _____ Time  _____ Place  _____

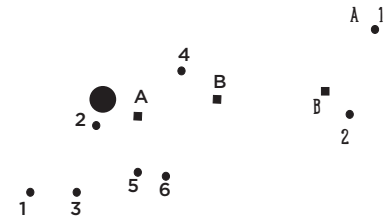
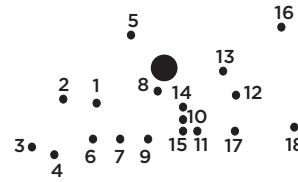
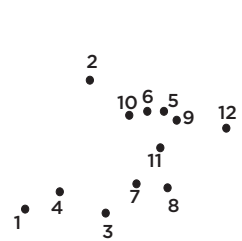
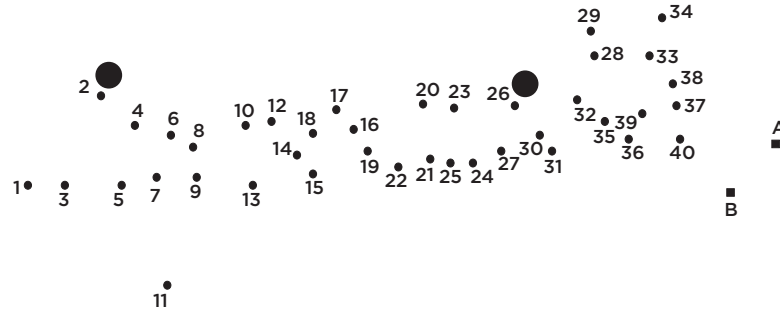
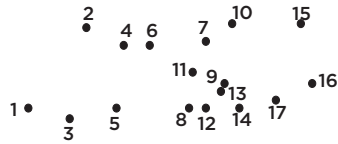
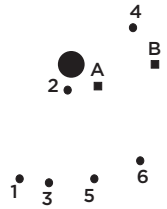
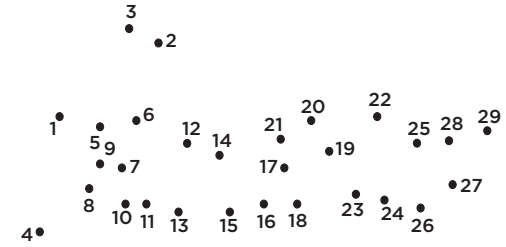
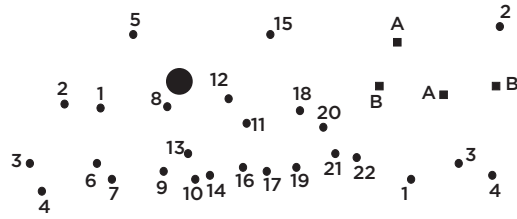
A collection of 45 numbered dot patterns for tracing. Each pattern consists of a set of numbered dots (1-45) arranged in various shapes. Some patterns include small squares labeled 'A' and 'B' for identification. The patterns are distributed across the page, with some appearing in multiple locations.

Maya Angelou

The GOWNS Break



Date _____ Time _____ Place _____



Mark Twain

• QUOTES •



«The best way to complain is to make things.» James Murphy



«Show up, show up, show up, and after a while the muse shows up too.» Isabel Allende



«When you make a world tolerable for yourself, you make a world tolerable for others.» Anais Nin



«Great things are done by a series of small things brought together.» Vincent Van Gogh



«Secretly we're all a little more absurd than we make ourselves out to be.» J.K. Rowling



«Change your life today. Don't gamble on the future, act now, without delay.» Simone de Beauvoir



«They didn't know it was impossible, so they did it.» Mark Twain

• CONGRATULATIONS ON CONNECTING ALL THE DOTS! •

I hope you've enjoyed taking a short break to make something!

NOW WHAT?

This is just the beginning of your journey towards reconnecting with your creativity, freedom and the joy of giving life to your ideas. You can design creative breaks now, and if you are interested in more creative exercises, keep an eye out for more fun ways to stretch your creative muscle in your email!

WANT TO SHARE YOUR EXPERIENCE CONNECTING DOTS?

One of the things I enjoy most is seeing the variety of my friends' reactions to creative breaks.

Some got frustrated, some found it meditative, others decided to create their own quotes and send them my way! The creative break's goal is to provoke and free us from the status quo. If you'd like to share with me how you felt, and what you've experienced during this week, I would love to hear from you! You can email me at nathalie@mentorless.com

KNOW FRIENDS WHO WOULD ENJOY THE CREATIVE BREAK?

Share the link below so they receive their own copy of The Creative Break!

Share with a friend:

www.mentorless.com/reconnect-with-your-creativity/

NOT SUBSCRIBED YET BUT WANT TO CONTINUE THE CREATIVE JOURNEY WITH US?

Email me at nathalie@mentorless.com and let me know you want in!

• ABOUT NATHALIE •

Nathalie is a story fabricator and recovering creative. After four years in L.A., Nathalie arrived in Europe, burned out, with a lot of knowledge but no more creative juice. It took her years to regain her creative oomph and it felt very lonely at times. Now she wants to share the tools she used to bounce back from the creative burnout with others and build a safe community for creative to try, experiment, share and have loads of fun with zero pressure.