Doodling Exercise

Art and living in the present moment creates healing. We did a sight visualization today. Now, we’ll be able to incorporate some visual sights.

We’re going to start off very harmlessly with art this week!

1.) Pick four (or more) of these quotes and make a stick figure drawing of what you visualize. Feel free to expand on any of them and create a drawing or picture.
2.) Pick one quote to make into a four panel comic strip (doesn’t have to be fancy.) The comic character is YOU. What would your comic look like acting out one of these quotes? Feel free to use a saying of your own

- My life will glitter again with new possibilities
- I found love in myself and I love her fiercely
- Imagine if all of your energy was redirected into a current that overtook the entire world.
- Life is about change like the seasons and I adapt easily to the new
- I want to steer the ship, not ride the waves of my own anxiety
- I choose to allow all my experiences to be joyous and loving. ALLOW it, like water, yielding to anything it encounters. Joy is ready for me. I just have to LET it in.
- Communities are like mini-kingdoms. I am building my kingdom of support around me. My armies of love will protect me and are hear to listen to me.
- Always leave room for happy accidents. Oops – joy – I found you!
- Let the good stick to you like honey. What kind of cake would that bake?
- Discovering my mission is a game that is slowly coming together piece by piece, like pieces of a puzzle I’m putting together to get my final clue
- When you feel the pain coming, head straight into it like the waves at the beach. Once it hits, how does it feel? What do I feel in my body?
- Expect nothing – live frugally on surprise! This is what I look like as a open being, open as a cardboard box, not empty, but just ready to be filled.
- Our purpose is to find the good and joy in the world
- Don’t take yourself so seriously
- Be a mime – if something isn’t there, pretend it is!
- I will become more than I am afraid of

IF any of these quotes inspire a complete doodle marathon, go with it.

When you’re done (if it helps, set a timer for 20 minutes) go back to your body and take a physical inventory.
**Enlarging the superhero forces**

*When you were doodling, what did you notice physically in your body?*

Start by noticing sensations in your body and naming off one for each one of the five senses.

When you get anxious, list one physical sensation for each of the five senses

Now List two sensations for each of the five senses

List three for each

List five for each

Can you draw any of these sensations?

**What to do with sensations:**

1: Note what you are feeling, sensing and thinking when you are stuck.
2: Then identify it.
3: Note what specific exercise or tool helps you get unstuck from this
4: Identify what helps the most or the least. This will start your journey from freeze to flow, from numb to presence.