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*This download is meant to be used in conjunction with Monica Fay’s “Hey Girl Let’s Journal” class that can be found on the Gift Biz Unwrapped Facebook Page*

**The Release and Create – Artistic Meditative Journaling Technique**

In my class, I walk you through a super simple exercise that I do before I start any project. You will see how easy and fun Artistic Meditative Journaling can be and how you can use it to explore self discovery, get in touch with your intuition and spark your creativity.

**Supplies to take your Artistic Meditative Journaling to the most creative level**

* Notebook, journal or even a simple piece of paper or cardstock
* Watercolor set – this can be a nice set or even an inexpensive set from a dollar store
* White craft paint
* Glue
* Crafting paint brush – large to medium
* Fine Point black pen
* Find point white jelli pen
* Pencil
* Scissors
* Paper towel or rag

A picture containing text, indoor

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Shape, circle

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