

SELF BELIEF CUP

Before we start, lets have a little fun!

🥗 The Creative Cup – A Sip of Self-Belief

Let's talk about your Creative Cup — not the kind you fill with coffee (though, hey, that helps too!) — but the one that holds your creative energy, your confidence, and the belief that you've totally got this. This little activity may seem simple, but trust me, it's powerful. Taking a moment to reflect on where you're at creatively and emotionally gives you a clear starting point for the journey ahead. It's like checking your creative pulse — and it sets the tone for how you'll show up this month.

We'll revisit your cup at the end of the journey too, so you can see how far you've come (because yes, even tiny shifts are worth celebrating!).

↔ Why It's Good for Your Creative Soul

- It brings awareness. Sometimes we're on autopilot this helps you pause and check in.
- It creates intention. Choosing your cup sets a vibe for the creative path ahead.
- It builds self-trust. You're learning to listen to yourself. That's huge.
- It shows growth. Revisiting your cup later? A total "look how far I've come" moment.

🖋 Here's What to Do:

1. Read through the prompts on the next page.

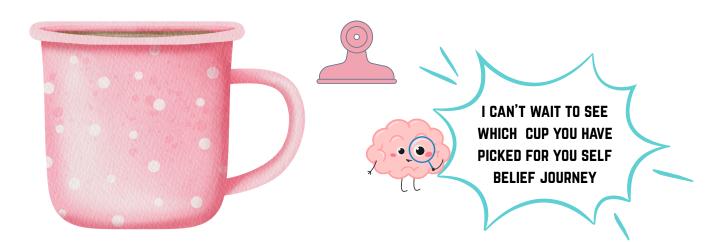
2. Pick the one that feels most like you right now — your current self-belief mood.

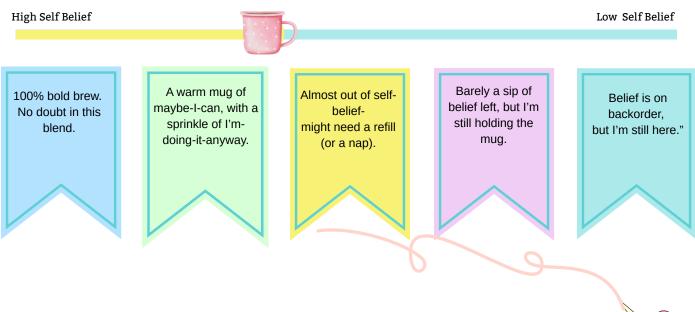
3.Cut it out and stick it to your Creative Cup on the next page — glue it, tape it, washi it... however you roll.
4.Take a moment to sit with it. Smile, nod, maybe even high-five yourself.

This is your starting point — and wherever you are today, it's exactly where you're meant to be. You don't need to "fix" anything. You're simply tuning in and moving forward with awareness.



CREATIVE Self Belief CUP





💬 Share Your Cup!

Once you've chosen your prompt, cut it out and adhere it to the Creative Self-Belief Cup, I"d love to see it! Snap a quick, you can even cut the cup out. Take a photo or share a little note about the prompt you picked and why it spoke to you.

You can post it in our Forum Hub chat group or over in our private Facebook group. Whether your cup is overflowing or you're running on creative fumes, you're not alone—and sharing might just encourage someone else to check in with themselves too. 🖤

We're here to cheer each other on, refill each other's creative cups, and celebrate the full, messy, magical range of the creative journey.

So go on—show us your cup! 🥗 🔆