

7 DAYS TO
UNLEASH
YOUR INNER
ARTIST
CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

July is all about Creativity

7 Days to Unleash Your Inner Artist

A Creative Challenge for Everyday Midlife Magic

You don't need fancy supplies.

You don't need talent or a plan.

You just need a little space, a little curiosity, and a willingness to explore.

Each day invites you to try something simple, creative, and soul-nourishing. Whether you're navigating a life transition, rediscovering your passions, or just want a spark of joy—this is for you.

Want More?

Inside the Life Mastery Circle, we keep the creative spark alive with:

- Gentle co-working sessions
- Creative journaling prompts
- Masterclasses on mindset & self-expression
- Support for both personal growth and creative business projects

You don't have to go it alone. Come sit with us. 🎨💛



Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.



Printable Checklist:

7 Days to Unleash Your Inner Artist

Instructions:

Use this checklist to track your progress, celebrate your creative courage, and gently hold yourself accountable as you reconnect with your inner artist.

Day 1: Permission to Play

- Revisit something you loved as a child
- Journal: "If I didn't have to be good at it, I'd love to try..."
- Take a tiny action toward your childhood joy

Day 2: Create with No Outcome

- Set a 10-minute timer and make something—just because
- Pick a song to inspire your mood
- Let go of rules and perfection

Day 3: Beauty Hunt

- Go for a walk and find 3 small, beautiful things
- Capture them in a photo, sketch, or journal
- Reflect: "Beauty I noticed today... and what it reminded me of..."

Day 4: A Letter to Your Creative Self

- Write a heartfelt letter to your creative self
- (Bonus) Write a response from her
- Notice what she wants you to know

Day 5: Make Something Ugly

- Create something purposely imperfect or silly
- Dance, draw, write badly—and laugh!
- Let go of perfection and embrace creative freedom

Day 6: Use Your Hands

- Choose a non-digital, hands-on activity (cook, paint, knit, etc.)
- Slow down and enjoy the tactile process
- Notice how your body feels as you create

Day 7: Declare a Creative Intention

- Write your midlife creative manifesto
- Read it out loud or share it with someone
- Celebrate finishing the challenge—You did it!













Congratulations!

