

Creative Planner for Moms

Welcome to the Creative Planner for Moms! This planner is designed to help you find time for creativity, track your goals, and keep the creative sparks alive. Whether you're painting, journaling, crafting, or exploring digital art, this planner will support your journey every step of the way.

<https://www.justmomjournal.com>

Weekly Creative Goals Tracker

Set a creative goal each week to stay motivated and inspired. Use this table to fill out your weekly goals and achievements:

Week	Creative Goal	Progress Notes
Week 1	Complete one watercolor painting	Started on flowers, loved the blending process!
Week 2	Journal for 10 minutes each day	Feeling more reflective and relaxed.

Daily Creative Journal Pages

Use the prompts below to journal daily. Spend 5-10 minutes writing about your creative experiences:

Prompt 1: What did you create today, and how did it make you feel?

Prompt 2: What obstacles did you face today while being creative? How did you overcome them?

Creative Challenges Calendar

Below is a month of creative prompts to help spark ideas:

- **Day 1:** Draw a self-portrait, but make it abstract.
- **Day 2:** Write a poem about your happiest memory.
- **Day 3:** Create a simple craft using household items.
- **Day 4:** Paint a picture of something in nature you love.

Family Creative Activities Section

Make creativity a family affair! Here are some ideas for fun activities you can enjoy with your kids:

- **Family Art Night:** Set up a big canvas in the living room and let everyone paint a part of it.
- **Storytelling Collaboration:** Take turns adding to a story, one line at a time.
- **DIY Craft Project:** Make paper flowers or homemade decorations for a special family event.

Mindful Coloring Pages

Take a moment to relax with these mindful coloring pages designed for adults. You can print them out and color when you need a moment of calm.

Coloring Page 1: A detailed mandala

Coloring Page 2: Floral patterns and leaves

Tips for Using This Planner

- ****Start Small:**** Focus on one creative goal each week. Even small achievements are worth celebrating!
- ****Reflect Daily:**** Spend a few minutes each day journaling. This helps you connect with your creative journey.
- ****Have Fun:**** Remember, creativity should be joyful, not stressful. There are no rules—just enjoy the process!