



How to Use Art for 5 Min a Day to

Increase Productivity

The Workbook





YOUR 5-DAY

Morning Pages

This journal belongs to:



Continue to kick-start your
Creativity
and boost your
Productivity

*Feel free to print this out as many times as you need.
(You can also designate a notebook for this!)*



The Daisy Doodles

Use this page to doodle your daisies!

Remember: They're better when they're imperfect.



DAY 1: _____

DATE



Set 5 minutes on your timer.

Get ready to write.

*DON'T OVER-THINK IT. This is
your brain dump.*

GO.

TODAY'S PROMPTS:

- Your dream last night
- Things you WANT to do today (not NEED)—go crazy!
- What you're thankful for

A large area of the page is filled with a grid of small dots, intended for writing the responses to the prompts.

DAY 2: _____

DATE



Set 5 minutes on your timer.

Get ready to write.

*DON'T OVER-THINK IT. This is
your brain dump.*

GO.

TODAY'S PROMPTS:

- What you're sad/happy/
angry/thoughtful about
- A challenge you're facing
- Think of a person you love.
Now write about them.

A large grid of small dots for writing, covering the majority of the page below the prompts.

DAY 3: _____

DATE



Set 5 minutes on your timer.

Get ready to write.

*DON'T OVER-THINK IT. This is
your brain dump.*

GO.

TODAY'S PROMPTS:

- What love means to you
- What scares you the most/
How do you conquer that
fear?
- What you'd tell 5-year-old
"you"

A large area of dotted lines for writing, starting from the right side of the 'TODAY'S PROMPTS' box and extending across the page.

DAY 4: _____

DATE



Set 5 minutes on your timer.

Get ready to write.

*DON'T OVER-THINK IT. This is
your brain dump.*

GO.

TODAY'S PROMPTS:

- What you love most about yourself
- The event in your life that changed you the most
- Something you've always wanted to do

A large area of dotted lines for writing, starting from the right side of the prompts box and extending across the page.

DAY 5: _____

DATE



Set 5 minutes on your timer.

Get ready to write.

*DON'T OVER-THINK IT. This is
your brain dump.*

GO.

TODAY'S PROMPTS:

- The most inspiring song to you
- What your dream home is like
- Life if you won the lottery

A large grid of small dots for writing, covering the majority of the page below the prompts.



LET'S CONNECT!



@doodlemara

Want to make me INCREDIBLY happy?

Tag me with **#GotMyCreativeOn** when you upload your work on social media.

Share a picture of you working on your daisies or Morning Pages!

I truly mean this: *I really want to see how you're doing!*