

Whimsical Creative Tracker (Weekly Rhythm)

Use this tracker to follow your creative flow each week. Check off what you've done and jot down any feelings or notes.

Day	Intention	Completed? 	Notes / Feelings
Nature Walk	Observe, sketch, collect ideas from nature		
Wildflower-Inspired Art	One painting/drawing from nature		
Spontaneous "Free Paint"	No rules—just let it flow		
Try Something New	A new medium, technique, or color palette		
Share with Someone	Show or gift one piece to someone you love		
Mistake Reflection	Write or doodle one "mistake" that taught you something		