



START PUTTING YOURSELF FIRST

30 Creative

Ways To Fill
Your Cup

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You Are More Creative Than You Think

30 Creative Ways to Fill Your Cup

Somewhere along the way, many of us stopped believing we were creative.

We became busy. We became responsible. We cared for everyone else. Creativity quietly slipped into the background.

But creativity isn't only painting or drawing. It's making soup from scratch. It's arranging flowers just so. It's choosing colours you love. It's dancing barefoot in the kitchen.

Creativity is simply the expression of who you are.

As you read through these thirty invitations, I hope you'll smile and realise — you've been creative all along. Choose one that speaks to you today. Ignore the rest. Come back another day and choose another.

At Home

1. Rearrange a Room Until It Feels Right

Choose one small space — a bedside table, a bookshelf, a windowsill. Move things around until it feels peaceful. Add something from nature, a candle, a treasured photograph, a feather, fresh flowers.

Creative Reflection: Sometimes changing a space gently changes how we feel within it.

2. Bake Something From Scratch

Choose something simple — scones, banana bread, an old family favourite. As you measure, stir and knead, notice how your hands already know what to do. When it's ready, cut yourself a slice, sit down, and enjoy it slowly.

Creative Reflection: Creating with our hands nourishes more than our bodies.

 *Creative Cup Moment: "Snuggled in a blanket on the couch, watching a favourite movie and doing a jigsaw or puzzle — that's when I feel most at ease." — Cathie, Australind, WA*

3. Grow Herbs on a Windowsill

A little pot of basil, mint or thyme is enough. Watch it over the coming weeks and notice how growth happens quietly — not overnight, little by little. Just like us.

Creative Reflection: Growth is rarely dramatic. It's usually gentle and consistent.

4. Create a Cosy Reading Nook

Find a corner that's just yours. A soft blanket, a favourite cushion, good light. Somewhere you can disappear into a book for twenty minutes without apologising for it.

Creative Reflection: A small corner of comfort can hold a great deal of peace.

 *Creative Cup Moment: "Painting, puzzles, gardening, having an array of colours and textures surrounding me all make me light up from the inside." — Janelle, Perth*

5. Light a Candle and Journal

Light something that smells like calm. Open a notebook. Write without editing yourself — just let the pen move. There is no right way to do this, only your way.

Creative Reflection: The page doesn't judge. It simply listens.

6. Press Flowers From Your Garden

Choose a flower that caught your eye today. Press it between the pages of a heavy book. In a few weeks, you'll have a small, quiet keepsake of an ordinary, beautiful moment.

Creative Reflection: What we notice begins to nourish us.

 *Creative Cup Moment: "When I'm home and the weather is nice, I like to sit out on the balcony and watch the world go by, preferably with a magazine in hand and Ollie my dog beside me." — Vicki, Waterman, Perth*

Making

7. Paint

Not to create a masterpiece. Not to frame it. Not to show anyone. Simply because colour has a way of waking something inside us. Choose colours that make you smile and let the brush wander across the paper.

Creative Reflection: Creativity begins the moment judgement ends.

 *Creative Cup Moment: "I make a simple watercolour background, then doodle leaves and flowers over the top with a fine marker pen. I get totally immersed in the process." — Annie, South Perth*

8. Sketch

Find a scrap of paper and a pen. Draw circles, lines, leaves, hearts, swirls. There is no finished masterpiece and no expectation — just the movement of the pen across the page.

Creative Reflection: Perfection is the quickest way to silence creativity.

9. Colour In, Just Because

Buy yourself a children's colouring book, or print a simple mandala. Forget about staying inside the lines. Use colours that make you happy, even ones that "don't go together."

Creative Reflection: There is freedom waiting outside perfection.

 *Creative Cup Moment: "My creativity is growing tiny pieces of clothing for prem babies, and most importantly, making my house a home with lots of character without a big price tag." — Jen, Perth*

10. Try Embroidery

A needle, some thread, a small hoop. You don't need a pattern to begin — just a colour that appeals to you and a stitch you're willing to learn slowly.

Creative Reflection: Slow work has its own quiet reward.

 *Creative Cup Moment: "I enjoy 'granny crafts' like knitting and crochet. Something small, or a row of something bigger (like a blanket). They help my brain calm and slow down." — Julie G., Wembley*

11. Try Pottery

Clay responds instantly to your hands. There's something deeply satisfying about shaping something from nothing, imperfections and all.

Creative Reflection: Our hands often know things before our minds catch up.

12. Make a Piece of Jewellery

String some beads, twist some wire, thread a favourite charm. Wear something today that you made yourself.

Creative Reflection: Small, handmade things carry a quiet kind of pride.

 *Creative Cup Moment: "I love painting most of all — finding joy in selecting chaotic mixes of fun colours, and much peace in balancing them all out through abstract shape." — Athena, Perth*



Nature

13. Photograph an Interesting Texture

Bark, sand, water, an old fence. Take a moment to really look before you take the photo. Notice the pattern, the light, the detail you'd usually walk straight past.

Creative Reflection: What we notice begins to nourish us.

 *Creative Cup Moment: "Seeing the beautiful flowers, the different colours and the perfume that they bring — it's rewarding and peaceful, sitting outside with my gorgeous dog and a cuppa." — Viviana, Perth*

14. Make a Nature Mandala

Take a walk and gather what catches your eye — leaves, petals, seed pods, small stones. Arrange them into a mandala or pattern on the ground, just for the joy of it. Or head to

the beach with a stick and draw one into the sand instead.

There's no need to keep either one. Let the wind scatter the leaves, let the tide wash the sand clean. Tomorrow, you can begin again.

Creative Reflection: Some of the most beautiful creations were never meant to last.

15. Visit a Botanical Garden

Be a tourist in your own town. Wander without an agenda. Let yourself be curious about the plants and paths you'd normally walk straight past.

Creative Reflection: There are still new places waiting to surprise you.

🌸 *Creative Cup Moment: "A gentle walk in the sun, with trees and water if possible, fills me up and recentres me. It makes me feel human. Connected. Grounded." — Layali, Canberra*

16. Keep a Small Nature Journal

Each day, write down one thing that made you stop — a rainbow, a bird, the smell of rain. Over time you'll discover the world has always been full of wonder. You simply began noticing it again.

Creative Reflection: Wonder grows wherever we choose to pay attention.

🌸 *Creative Cup Moment: "In the emerald shadows of my woodland, I find a different kind of peace. To watch the dappled light dance through the canopy is a total sanctuary for my nervous system." — Evelyn, Wicklow, Ireland*

17. Watch a Sunset, Slowly

Not while driving, not while hanging out the washing. Actually stop. Sit outside and watch the colours slowly change. Nature never paints the same picture twice.

Creative Reflection: Some of life's greatest masterpieces disappear within minutes.

🌸 *Creative Cup Moment: "I usually walk around my house with a cuppa listening to the birds, smelling my frangipanis, admiring my amazing succulents and making a mental note of what needs a little love." — Luisa, Perth*

18. Arrange Flowers From Your Own Garden

A jam jar, a few stems, no formal arranging required. Notice the colours you're drawn to and simply let them sit together.

Creative Reflection: Creating beauty in our surroundings is also an act of creativity.

🌸 *Creative Cup Moment: "I enjoy spending time out with nature — going for a walk, or in the garden where you can see the progress of your work. A great combination of doing something physical and something rewarding." — Janice, Hastings, New Zealand*

19. Style an Outfit That Feels Like You

Not what's practical. Not what's expected. Choose something today that simply feels like you.

Creative Reflection: The way we dress can be its own quiet form of self-expression.

20. Wrap a Gift Beautifully

Take an extra few minutes. Choose paper and ribbon that feels considered. Let the wrapping be part of the gift.

Creative Reflection: Care shows up in the smallest details.

21. Create a Playlist for Exactly How You Feel

Not songs everyone else likes — songs that feel like home to you. Press play while you're cooking, driving, or simply sitting with a cup of tea.

Creative Reflection: Music has a beautiful way of finding the words we sometimes can't.

✨ *Creative Cup Moment: "So many things fill my creative cup — cooking for someone special, often something I've never made before, so it's an intense experience. The challenge of mending something well so it gives the article another life." — Jen, Perth*

22. Decorate a Table for a Meal That Matters

A candle, a flower from the garden, a favourite cloth. Make an ordinary dinner feel like an occasion.

Creative Reflection: Ordinary moments become memorable through small acts of care.

23. Write a Heartfelt Card

Think of someone who has quietly made your life better. Write them a note — not a text, not an email. Tell them what they've meant to you.

Creative Reflection: Words have the power to become lasting gifts.

24. Try a New Recipe

Choose something you've never made before. Let the process be the point, not just the result.

Creative Reflection: Trying something new keeps a little wonder alive in the everyday.

✨ *Creative Cup Moment: "Finding my creative outlet in the middle of mum life, being a wife, and working in aged care keeps me grounded and inspired. I love moving my body with Pilates, getting my hands in the garden, and surrounding myself with positive, uplifting people." — Aneta, Perth*

Creative for the Soul

25. Dance, Unseen

Put on a song you love — not one that reminds you to clean. Turn it up. Dance while the kettle boils. No audience. No judgement. Just joy.

Creative Reflection: Joy doesn't ask whether you're good at it.

 *Creative Cup Moment: "I knock out a few songs on Just Dance! I love music and dancing, so in the privacy of my own home I turn on the Nintendo Switch and do their choreographed routines. After twenty to thirty minutes I have all my energy back and feel great." — Emma, Cottesloe*

26. Sing, Badly or Beautifully

In the car, in the shower, in the kitchen. It doesn't matter how it sounds. Let your voice move.

Creative Reflection: Some things are only meant for an audience of one.

27. Write a Few Lines of Poetry

No rhyme required. No right way. Just a few honest lines about how today actually felt.

Creative Reflection: Your heart usually knows before your mind does.

28. Doodle While Listening to Music

Let the pen follow the rhythm rather than a plan. See what shapes the music pulls out of you.

Creative Reflection: Play is where creativity remembers who it is.

29. Five Minutes in a Visual Diary

No pressure to make it good. Just colour, shape, or a few words about your day, however it comes out.

Creative Reflection: Small, regular moments of expression add up to something bigger.

 *Creative Cup Moment: "I love to read fiction books that are detailed in imagery, especially ones centred around cafés, bookstores and small village communities. It opens my imagination and takes me to another world." — Claudia, Victoria*

30. Hum a Tune Until It Becomes Your Own

Let a familiar melody drift and change under your breath. There's no wrong way for a tune to wander.

Creative Reflection: Even a borrowed tune can become something entirely yours.

A Gentle Closing

If you smiled while reading this guide...

If one of these invitations made you think, "I'd love to make time for that..." then perhaps it's time.

Time to stop putting yourself last. Time to reconnect with the woman you've always been.

That's exactly why I created The Creative Circle — a gentle, supportive community for women who've lost themselves under the weight of everyday responsibility, ready to refill their own cup through creativity, connection and encouragement.

We'd love to welcome you.

With love,
Cathy x



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