

Creativity & Mindfulness Prompt Cards

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Print, cut, and draw one card when you need inspiration or calm. No rules, just gentle exploration.

1

If I could step into any fictional world right now, where would I go?

2

What random thought or dream wants more space?

3

Write a short poem inspired by what you see right now.

4

What creative activity sparks even a little flow?

5

Take five slow breaths. What do you notice?

6

When did I feel a moment of peace today?

7

How can I add more playfulness today?

8

What idea keeps appearing that wants to be explored?

9

Describe a warm moment that brought me comfort.

10

Which writing style feels freeing right now?

11

What gentle reminder helps me during tough moments?

12

What creative intention do I carry into tomorrow?