



30 Days of Creative Play



Daily Prompts for Joyful Self-Care



Swift Digital Stationery

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Welcome



Welcome to 30 Days of Creative Prompts

Welcome! This guide is for the busy, curious, creative soul who needs a little spark, a little pause, and permission to play again.

This 30 Days of Creative Play printable is your invitation to make space for joy, curiosity, and self-expression—no experience required!

Whether you have five minutes or an hour, each prompt is designed to spark your imagination and remind you that creativity is a form of self-care.

Remember, there's no right or wrong way to be creative. Let go of perfection, embrace play, and enjoy the process. This is your time—just for you.

Let's get started!

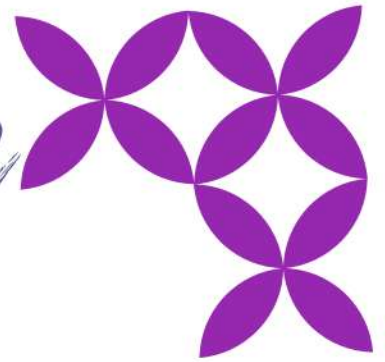
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How To Guide



What's Included

- One page per week with 28 daily creative prompts.
- Extra blank squares as space to jot a quick note or doodle.
- This requires minimal supplies (e.g. just a pen and paper).

How To get the most from this printable

- **Start Anywhere:** You can follow the prompts in order or skip around—choose what excites you each day.
- **Keep it Simple:** All you need is a pen and paper, but feel free to add colour, stickers, or anything else that brings you joy.
- **Make it Yours:** Use the note spaces to jot down thoughts, doodle, or reflect on your experience.
- **Share if you wish:** If you'd like, share your creations or experiences in our community—your creativity might inspire someone else!

These prompts are just a starting point—tweak them, skip around, or follow your whims. There's no wrong way to play.

Most importantly: Have fun and be gentle with yourself. Every mark you make is a celebration of your creative spirit.



Week One

Doodle a squiggle and turn it into a creature.		Color in a pattern or mandala.
	Write a 6-word story about your day.	
Try neurographic art: draw a big squiggle, round off intersections, and color the spaces.		Draw your favorite snack—real or imaginary.
	Add cat ears to something you see today (on paper or in your imagination!).	

Make a gratitude list with tiny doodles.

"Creativity is intelligence having fun."

— Albert Einstein

Week Two

Create a paper monster or cute character from scrap paper		Decorate your to-do list with stickers or color.
	Write a letter to your future creative self.	
Try a new color combination in your journal or planner.		Find an object and sketch it quickly.
	Invent a new holiday and design a card for it.	

Doodle with your non-dominant hand.

"Don't think. Just create."
— Unknown

Week Three

Draw a memory from childhood playtime.		Create a simple pattern and repeat it across the page.
	Write a poem or haiku inspired by today's weather.	
Turn a mistake or "mess" into something fun.		Draw your mood as a weather icon.
	Make a list of hobbies you'd like to try.	

Make a mini collage from magazine clippings or receipts.

"Creativity takes courage."

— Henri Matisse

Week Four

Design a bookmark for yourself or a friend.		Doodle a border around a journal entry.
	Create a “found object” art piece (use buttons, leaves, etc.).	
Try bullet journaling a single day—make it as fancy or simple as you like.		Draw a pet (real or imaginary).
	Make a “happy memory” jar illustration—fill it with doodles of joyful moments.	

Fill a page with your favorite shapes.

"Creativity is the way I share my soul with the world."

— Brene Brown

Extra Prompts

Write a positive affirmation and decorate it.

Reflect: What creative prompt did you enjoy most this month? Why?

Create a colorful mood tracker using shapes or symbols that represent your feelings.

Write a short dialogue between two doodle characters you invent

Design a simple mandala using only circles and lines.

Draw your “happy place” — real or imaginary — and add details that make it special.

Make a list of your favorite smells or scents and illustrate one of them.

Use your non-dominant hand to write your name and decorate it with doodles.

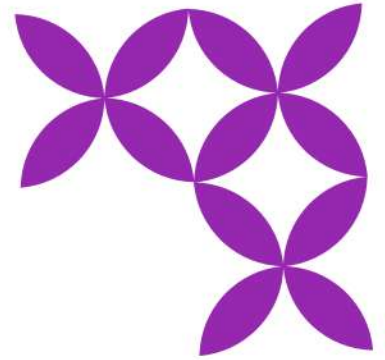
Create a “playful promise” to yourself and decorate it with colors and patterns.

Draw a pattern inspired by nature—leaves, flowers, waves, or clouds.

Illustrate a small comic strip about a silly or joyful moment from your day.

Design a simple “creativity shield” — symbols or images that protect and inspire your creative spirit.

Tips



Tips for a Joyful Creative Journey

- There's no such thing as a "mistake" in creative play—only happy accidents and new ideas.
- If you're short on time, set a timer for 5–10 minutes. Small bursts of creativity can be just as powerful.
- Don't compare your work to anyone else's. Your creative journey is uniquely yours.
- Try new things, revisit old favourites, and allow yourself to experiment.
- Celebrate every step, no matter how small.

"Make time to do what makes your soul happy."
— Unknown





“Creativity

is not about being perfect

—it's about being

present, playful

and *true*

to yourself.

”



Thanks



Thank You!

Thank you for choosing to spend time nurturing your creativity with this printable.

I hope these prompts bring you joy, relaxation, and a renewed sense of playfulness. Remember, your creative journey is always evolving—come back to these ideas whenever you need a spark.

If it helped you feel a little more like yourself, that's everything.

And if something in these pages made you smile, feel seen, or sit up a little taller—I'd love to hear from you.

Pop over to www.swiftdigitalstationery.co.uk or join my email list for gentle inspiration, free resources, and future seasonal tools created with you in mind

With gratitude,

Cherie



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