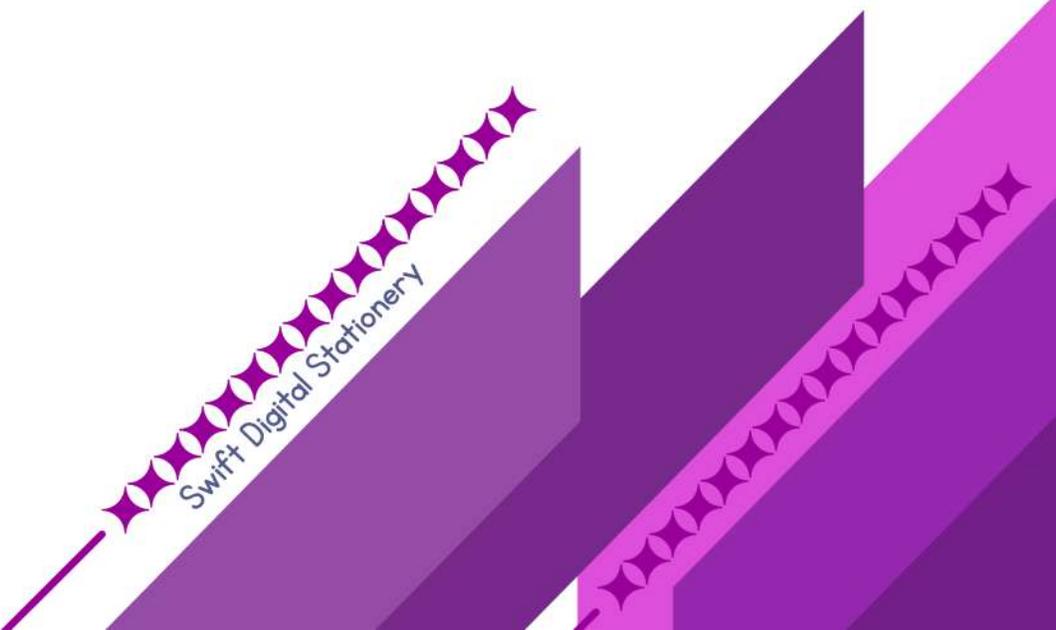


# 30 Days of Creative Play



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!

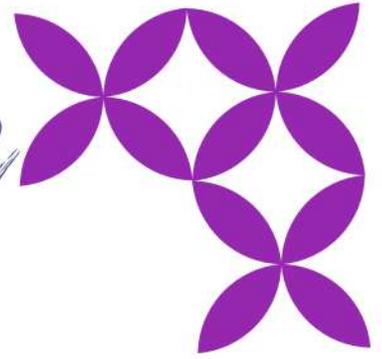
*Cherie*



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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.

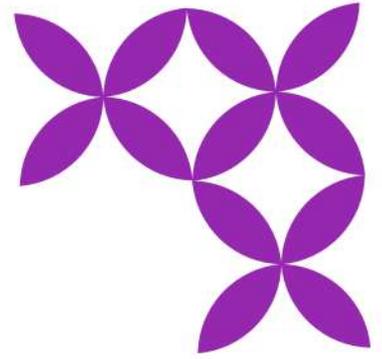
Create a “playful promise” to yourself and decorate it with colors and patterns.

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](http://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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