

GUIDED SOUL ART® JOURNEY



3-Day

ARTIST

Breakthrough
CHALLENGE

with your guide Laura Hollick

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Welcome to your 3-Day Artist Breakthrough Challenge! This is your invitation and sacred space to break through to the next level of your artistry, your clarity, your courage, and your divine creative path.

Whether you're a total beginner or a seasoned creator, one thing we all have in common is we're all beginners to our next level.

During this 3-Day journey, you'll be guided through simple and powerful creative Soul Art processes to give you that spark of inspiration and lightning bolt of creative power to crack through to your liberated expression.

Dream big and get ready for magic!

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February 1-3, 1-2pm EST each day

Daily Guided Soul Art® processes are live in the
Soul Art Community Facebook Group:

<https://www.facebook.com/groups/soulartday>

Day 1: Unleash Your Creativity

Day 2: Expand Your Imagination

Day 3: Liberate Your Inner Artist

Day 1

Unleash Your Creativity

Creative energy is alive. It pulses with divine intelligence. When you unleash your creativity, you let the pulse of the divine express through you!

Getting to know your creativity is about getting to know how divine energy moves through you. As you clear the path for your creativity to flow, you activate a river of passion and purpose to move through your life and career.

How would you describe your relationship with your creativity?

How is life-force energy currently moving through you, your life, your body, your career, your finances, and your relationships?

Create an energy sketch of the way life-force energy moves through you now....

Is there anything in the way of your full creative expression?

Make a list of any limiting thoughts, beliefs, memories, or energies that may be blocking or hindering your creativity from being fully expressed...

What breakthrough would you like to experience through this 3-Day Artist Breakthrough Challenge?

What would be different in your life if you could truly unleash your creativity?

Create an Intention for this 3-Day Artist Breakthrough Challenge...

Fill in the circle with your Intention for your 3-Day Artist Breakthrough Challenge.



Day 2

Expand Your Imagination

Your imagination gives your soul space to dream. When you expand your imagination, you stretch the realm in which your soul can play. When your soul can play, your art and life take on a whole new level of transmission, magnetism, and purposeful power.

Let's start expanding!

What is your Intention for this 3-Day Artist Breakthrough Challenge?

Allow your wildest imagination to play with you through the guided visualization.
Where did your imagination take you?

Fill in the circle with a sketch of the gifts your imagination opened for you through the guided visualization.



What are you seeing or noticing through your expanded imagination?

Day 3

Liberate Your Inner Artist

You've got a wildly creative, brilliant being within you... it's your Inner Artist! As you connect with this divinely natural part of yourself, you gain access to the genius that can transform dreams into reality.

Reconnect with your Intention for this 3-Day Artist Breakthrough Challenge:

What has happened so far in this Artist Breakthrough Challenge?

What clues have you uncovered about your Inner Artist so far?

Connect with your Inner Artist...

Fill in the circle with a sketch of your Inner Artist.



What guidance does your Inner Artist have about your Intention?

How does your Inner Artist want to express itself now?

What does your Inner Artist need from you to be liberated?

How will you liberate your Inner Artist?

Fill in the circle with your Artist Breakthrough.



Honor your Inner Artist
with a year of artmaking
at Soul Art School!

Sign up at: <https://www.soulartschool.com>