



The Athena Wellness Podcast
Episode 028 – Keeping a Creative Notebook
April 14, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Hello, and welcome to Episode 28. Thank you so much for joining me for the shortened Wellness Wednesday episode to help keep your Warrior Vibe high. Today is the continuation from Episode 27 when we talked about creativity as a wellness practice. Our conversation today is about how to capture creative stirrings so you'll always have a wellspring of inspiration. We'll end with a check in with Dr. Robyn on the progress we've both made on our Gentle Spring Reset that we introduced back in Episode 22.

So I invite you to sit back, take a nice long breath to ground yourself in presence and let's get started.

I like to say I've been scribbling in notebooks for more than 30 years. Any creative project I've ever done was birthed in a notebook. It's been a repository, travel companion, a portable workshop, and a safe space to muse and explore. It's been a place to collect pieces of my world to make meaning and then create new worlds.



No matter your profession or passion, I highly recommend keeping an idea notebook. Creativity can be elusive and ideas can show up randomly in bits and pieces – a memory, sensory perception, discovery or curiosity or obsession. You can include quotes, thoughts, sketches, images, aha moments, sparks, insights and reflections in your notebook.

If you want to explore creativity as a wellness practice, I suggest getting an inexpensive notebook. Here are a few tips to get started. One, Keep It Close By. I take my notebook whenever I go out and there may be an opportunity to write. In addition, I have a pocket notebook and pen in my cars. And I keep notes on my phone if I'm out walking or hiking and inspiration strikes. Then I rewrite those notes in my notebook when I get home.

The second is Record It All – whatever strikes your fancy, whatever is resonating with you, even if you're not sure why, *especially* if you're not sure why. When I look back at my old writing, I'm often struck by what I was sensing before a situation actually materialized. Try to capture the underlying emotion. Write down the questions you're holding, the dreams you're having. Where is your life lacking clarity? What's happening in the world and in your life? Your notebook should be reflective of what's occupying your head and heart.

The third is to Dig in Deep. This isn't a place for the inner critic. It's a place to explore, for being messy, and connecting the dots. A creative playground for your stirrings, a place to wonder, to be inspired, to go deep. I love using these questions: What do I really want to do? What would I like to explore? What would be fun to do? What now? What if? What else?



Creative living is a curious process, like unraveling a mystery through collected words, images and ideas. I hope you have fun creating your own book of inspiration by documenting your creative journey.

Now let's check in with Dr. Robyn for the progress we've both made on our Gentle Spring Reset.

04:31 Kathy

Well, Dr. Robyn, welcome back. Tell me how did week three go for you?

Robyn

Well, pretty good. And you know, I'm philosophical because I can't become somebody I'm actually not and have a study that's 100% tidy. But I have sorted through some papers and got rid of some papers and made some progress. So I'm happy with that.

But I have had greater success actually with taking time for myself in the morning, which was my idea last week, that I was going to focus on in my Spring reset. And I had a lovely time yesterday. I was sitting outside at a very nice new little vegan cafe that started up down here, which is quite unusual for this area, under the trees, writing and feeling like a real writer as I thought about my life and the Universe.

05:22 Kathy

My love it. That is wonderful. Good for you.

05:25 Robyn

Thank you. Yes, it was fine. I enjoyed it. And I've been enjoying putting my thoughts down. And I think it's helped..



05:33 Kathy

Oh, that's great. That's great. That's a wonderful update. Robyn. Thank you.

05:38 Robyn

You're welcome. How about you?

05:39 Kathy

Well, on my side, my intentions were to continue with the no early morning tech, moving throughout the day, and the springtime meals. And so I continued with that. But my fun thing was to head to the farmers market on Sunday and create a new dish with whatever I found.

And I did get to see two of my favorite folks at the market. One is from a company called Foraged feast and they gather mushrooms and wild greens in the wilds of New Jersey. So they were there along with my guy from an organic farm in upstate New York that comes down. And I'll put a link to the show notes to their websites.

But along with a few of my favorite dishes that I made this week, I made a spectacular salad of fresh spinach, roasted mushrooms, avocado, tomatoes, ramps, which are spring onions, flowering mustard greens and spicy microgreens. I tossed them all together with olive oil and balsamic vinegar and some salt that I get from the market. And it just tasted like my spring hikes. It made me so happy. It was so good. So yeah, it's been a great combination of just the, you know, no tech, the moving and eating well. And so it was a lovely week.

06:59 Robyn



That sounds great. Sounds like you're having fun with that.

07:02 Kathy

I am having fun with it. And I can't believe it, Robyn, that we're actually onto week number four. So tell me, how are you thinking about this upcoming week? What are you going to be focusing on and why?

07:16 Robyn

You know, I think that I'm going to focus on that no tech after, say, nine o'clock at night, maybe eight o'clock, but definitely after nine o'clock, just to help me get ready for sleep. I sometimes have trouble sleeping and I think getting off my phone will help me a lot.

07:37 Kathy

Good for you. I'm sure it'll make a difference. So I'll be looking forward to hearing about that. For me, I'm going to continue with what I was doing, but I am actually committing to creating a Spring cleaning calendar. So what do I want to clear out this Spring? And when? And I will report back next week.

07:58 Robyn

Ah, so that's in the planning and organization section of your spreadsheet?

08:04 Kathy

Yes, because I've got one more weekend of tax stuff. So while I'm winding that down, it would be great to plan out the next six to eight weeks of what is it that I want to do and take advantage of this energy now that I have a result of all these things that we're doing, you know, I don't want it to go to waste now.



08:23 Robyn

That's great. That sounds very well organized.

08:29 Kathy

We'll see. So tell me, are you going to continue with the journaling as well?

08:36 Robyn

Yes, I'm going to continue with those other two things, with the simplifying. I want my office to become a place that when I walk into it, I feel like I'm losing myself in my work, and it's not there yet. So that's going to be continuing for me. And yes, I want to keep writing, I want to keep putting my thoughts down as a way of really accessing my feelings.

09:04 Kathy

You know, I like those. And I think that you're going to be successful at both of those. You're starting with your "Why" - why that's important to you, how you want to feel when you walk into your office, and what the purpose is, you know, it's more of a "getting to know yourself better" kind of thing with the writing. And so, they feel like they're resonating deeply, which is usually a really great sign when you're making change.

09:27 Robyn

Well, thank you. I hope so. And we'll see how those go.

09:33 Kathy

Okay, sounds great. And I know that there are listeners out there who are doing this with us, Robyn. I've been getting wonderful emails. And so I just wanted everybody to know that we're right alongside you and looking forward to hearing your stories on your



progress. And for those of you who would like to join, it's not too late. I'll put a link to the PDF that others are using. And please drop us a note and let us know how you're doing.

Thanks Robyn. I'm looking forward to catching up next week.

10:00 Robyn

Thank you, Kathy, you have a good week.

10:01 Kathy

You too.

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, download the Gentle Spring Reset PDF or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!