

August Unwind

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A gentle invitation to slow down, notice, and create.

Consider using a dedicated notebook throughout the month. A quiet space for your thoughts, reflections, sketches, or small creative moments. This isn't about completing every prompt perfectly, but about making room for peace in your day.

Try waking up a little earlier, or setting aside time in the evening. Even ten minutes is enough. The more you show up for yourself, the more natural it will begin to feel. Let this be a soft habit, not a hard task.

✨ Complete the daily prompts when you can.

☕ Wake a little earlier or wind down with them at night.

🎨 No pressure. Just peaceful moments, your way.



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 **Notes from the August Unwind Series:**

- 1. Creativity doesn't need to be complicated.
- 2. Even the simplest act. A scribble, a photo, a single colour, can be deeply expressive and grounding.
- 3. Slowness is powerful.
- 4. Many of the prompts invite you to slow down, notice your environment, and reconnect with your body and breath. Things we often skip in busy life.
- 5. There's no right or wrong way to show up.
- 6. Whether you journal, sketch, paint, or simply pause and reflect, this practice is about being present.
- 7. You are allowed to take up space for yourself.
- 8. These moments are gentle reminders that your thoughts, your creativity, and your emotions are worth honouring.
- 9. Consistency creates quiet transformation.
- 10. A few minutes each day can lead to a habit of awareness, appreciation, and creative self-care that lasts beyond the month.

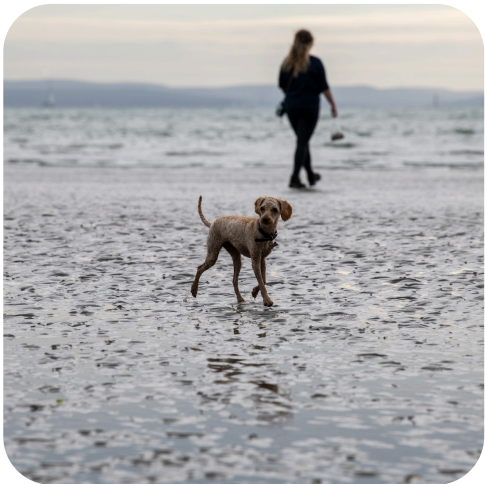
Mae's Canvas Club

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Friday



Mindful Walk

1st August

Go for a mindful walk and photograph something peaceful.

Focus on your breath and take your time. Let your eyes rest on anything that makes you feel calm.

Saturday



Calming Music

2nd August

Close your eyes and listen to a calming song.

Journal how it makes you feel.

Sunday



Enjoy a warm drink

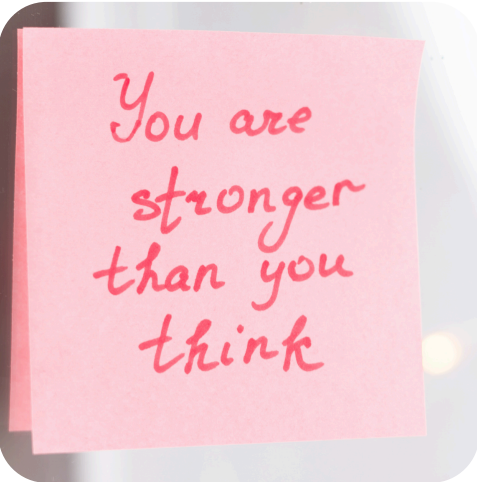






3rd August

Sip a warm drink slowly, noticing the scent and warmth. Sketch your mug.




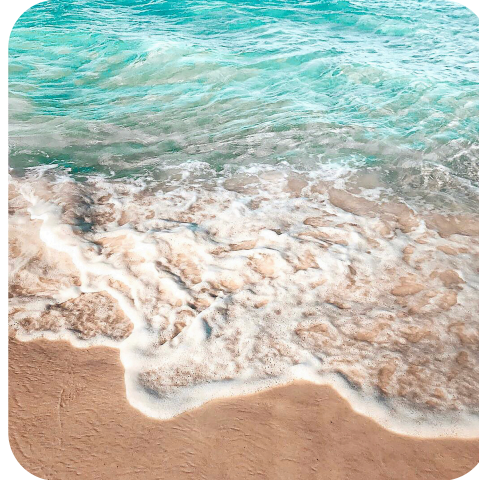

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
Sunrise/Sunset	Quiet Moment	Kindness	3 Wins	Line Drawing	Yoga	Let Go
<div>4th August Watch the sunrise or sunset and photograph/sketch/paint it.</div>	<div>5th August Try a short guided meditation or sit quietly. Afterwards, paint a colour that matches your mood.</div>	<div>6th August Write a few lines of encouragement for yourself and decorate them.</div>	<div>7th August Write down 3 small wins from today. No matter how simple.</div>	<div>8th August Draw without lifting your pen for 3 minutes. Let it be imperfect and expressive. This is about flow, not control.</div>	<div>9th August Stretch gently or do a short yoga flow.</div>	<div>10th August Draw with your non-dominant hand. Release expectations. Enjoy the freedom that comes with letting go.</div>

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Positive Affirmations	Love	Candles	Peaceful	Digital Break	Grounded	Peaceful Words
<div>11th August Write a positive affirmation and decorate it with doodles or colour. Place it somewhere you'll see it often.</div>	<div>12th August Draw your hand holding something you love. Physical or symbolic. Think of what brings you comfort and joy.</div>	<div>13th August Light a candle and reflect on a comforting memory. Sketch the flame if you like. Notice how it flickers and glows.</div>	<div>14th August Photograph a moment that feels peaceful to you today. It could be light, colour, a quiet corner.</div>	<div>15th August Take a digital break for an hour and list 3 things you noticed in that time.</div>	<div>16th August Feel the ground under your feet. Breathe deeply and sketch something around you. Ground yourself through drawing.</div>	<div>17th August Paint or doodle a peaceful word and place it somewhere you'll see it often. Let that word remind you to come back to calm.</div>

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Declutter	Gratitude	Flowers	Doodle	Calm	Music	Journal
18th August Declutter one small area and sketch the item that brings you joy. Celebrate the simplicity of space and care.	19th August Take 3 deep, slow breaths. Write down one thing you're grateful for. Let the gratitude expand in your body.	20th August Pick a leaf or flower and observe it carefully before drawing it.	21st August Doodle freely while repeating a calming mantra in your mind. Let the repetition settle your thoughts.	22nd August Sketch a calming symbol (moon, waves, clouds) and add a few words of hope.	23rd August Draw to the rhythm of relaxing music. Let your hand move intuitively. Enjoy the meditative motion.	24th August Sit near a window and journal 5 things you're grateful for. Watch the world pass by as you write with softness.

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Simplicity	Love Note	Calming Colours	Quiet Sketch	Collage	Sketch	Peace
<div>25th August<p>Sip tea/coffee slowly and notice every sensation. Then paint it using just one colour.</p><p>Let it be a study in simplicity.</p></div>	<div>26th August<p>Write a short love note to yourself.</p><p>Include a message you'd give a dear friend and offer it inward.</p></div>	<div>27th August<p>Paint using soft, calming colours, Focus on the motion, not the result.</p><p>Let the brush lead the way and breathe through it.</p></div>	<div>28th August<p>Find a quiet spot outdoors. Close your eyes and listen deeply for 2 minutes.</p><p>Sketch or write what you heard, felt, or imagined. Let the environment guide your expression.</p></div>	<div>29th August<p>Using magazine clippings, painted paper, or scrap materials, create a tiny collage that reflects your current mood.</p><p>Focus on colours, textures, and feeling, not perfection.</p></div>	<div>30th August<p>Choose a favourite object from your home and sketch it from memory, then again from observation.</p><p>Notice the details you missed or remembered</p></div>	<div>31st August<p>Write down a quote or phrase that brings you peace. Turn it into a simple illustrated page with soft lines or gentle colours.</p></div>