

Hiding Places

Art Journaling with Laly Mille

Bonus Handout

Below you will find the inspirational words, quotes etc. that I have used in my own journal spread.
Feel free to borrow anything you like!

Hold Fast Your Dreams

Louise Driscoll

Hold fast your dreams!
Within your heart
Keep one still, secret spot
Where dreams may go,
And, sheltered so,
May thrive and grow
Where doubt and fear are not.
O keep a place apart,
Within your heart,
For little dreams to go!

COURAGE

COURAGE

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COURAGE

SPECIAL BLEND

Extra
Strong

IN CASE OF
EMERGENCY

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom. (Anais Nin)

WHEN THE ROOT IS DEEP, THERE IS NO REASON TO FEAR THE WIND.

Ideas for permission slips, love notes & affirmations:

You are enough. You matter. You are loved. You are the most precious treasure. You are beautiful.

I will love you always, always. I'm so proud of you. You are braver than you think.

Permission granted. Permission granted to break the rules. Permission granted to not do it all.

It will all be OK. The Universe has your back. Dare to dream. Consider it done!

Let go, Let go. Surrender. It's not your fault. It's ok to not always be ok.

Remember to breathe. Remember to smile.

Embrace the mystery.

Ideas to journal on your background:

Write a letter to:

your inner artist

the Universe

your 5-year-old self

your future self

your guardian angel

the Wish Fairy...

Start with:

Once upon a time, there was...

Did you know that...

A little bird told me...

What if...

Dear...