

# Scribbles and Jots

February 2019 Issue 2

## February isn't for the Faint of Heart

(Oh, and Happy Valentine's Day!)

Don't let all the pink and frilly fru-fru stuff lure you into a false sense of googly-eyed bliss. February has some pointy teeth! Not only is it cold (well, at least it is here) and typically just waiting to bury us in snow, it's also short which makes the To Do List feel all that much more pressing. Creativity takes a back seat to icy roads and sniffly noses - and we won't even mention matters of the heart! Those critters can be all over the map!

What you need to do with February is square your shoulders, look it straight in its eye, and then give it a big old kiss and tell it you forgive its cold and cranky ways. When that's done, make yourself a nice cup of cocoa and get back to being amazing!

You've got this!



Be  
reative



Create something using only:

A pencil

A piece of string

A sheet of paper

Show yourself some love this February. Take some time out from all the "have to"s and "need to"s and deadlines. Take a big breath in and let it out slowly. Then pick up that creative thing that fuels your passion. It doesn't matter if it's big or small, quick and easy or deliciously meticulous. What does matter is that it feeds your soul and makes all the stress disappear. There is no better gift than giving yourself time and permission to indulge in your creativity! Well... some chocolate may be in order, too...

Send a picture for Facebook or the Blog to [BrittneyCassidy42@gmail.com](mailto:BrittneyCassidy42@gmail.com)



# Prompt:

They sailed  
away.



## Opinion Time



Hard Cover

Paperback

Comic Book

e-book

Send your answer to  
[BrittneyCassity42@gmail.com](mailto:BrittneyCassity42@gmail.com)



# Love Letter

*\*to yourself\**

I know what you're thinking. There is no way you are going to write yourself a mushy, gushy love letter. There will be no flowery words about the color of your eyes or the sound of your own laughter. Today is not the day that you will waste your time finding words that rhyme to tell yourself how special you are. No sweet nothings will be sprinkled across the page. These things will not happen. Period. End of story.

## ...But

What if... Well, what if you took just a minute to write down something you like about yourself? You could scribble it in a journal. Maybe jot it down on a post it and stick it to your bathroom mirror. How about on a little ripped off slip of paper that you drop in a jar?

If you did that, you could read it later when your day hasn't gone so great and you could just really use a boost in the mood department or a reminder of how awesome you are!

rite a sentence to leap forward from.

*It Came  
from My  
Brain!!!*

My  
brain has  
more ideas  
than my hands  
can keep up  
with!

## Kickstarts:

**A Writing Workshop to Unleash your Words!**

Beginning on January 24th and stretching all the way to the edge of summer on May 23rd, this workshop is a fun, handy, helpful, and let me repeat FUN way to get your creative juices flowing. We'll be exploring a number of different ways to enhance your writing experience, give you new ideas, or boot that block out of your story's way and get words flowing onto the page again!

I've used this workshop with people as young as elementary school (and it can be adapted to children who can't write yet provided parents do the writing!) and as filled with life experience as you might find in the average assisted living center.

Get your notebook and your favorite pencil. We're about to go on an adventure as big as your imagination!