



The Magic of the Make Break



Your time is one of the most precious elements in your life.

There are only 24 hours in a day and, after all the work is done, errands are run, and mouths are fed, all you want to do with whatever time is leftover is face plant into bed and watch some Real Housewives to numb out from all your *do-do-doing*.

But I know a secret that will help you slow down time and feel more present and fully alive in your life.

That secret is your creativity.

Accessing your intuition and wisest, inspired self relies on your reconnecting with your creativity.

When you work with your hands and engage in the act of creating something, you experience a greater connection and engagement with yourself and the world around you. You find calm, clarity, focus, contentment, and even a bit of joy and magic in your everyday life.

It's got nothing to do with perfection. This is about being present in the beautiful, primal act of creating and releasing attachment to the outcome.

Connecting to your creativity enhances your life by bringing you into the present moment and using your body to remember the wisdom that lives within you.

We've established that you are a busy gal, but we've also proved that dabbling in your creative expression will dramatically improve your experience of life. So how do we make time for bringing more creativity back into our lives?

Let me tell you about The Make Break.

A Make Break is simply sneaking in bite-sized creative dabbles that add up to major transformation so you find clarity and inspiration in your life again.

Make Breaks are so much more effective than a coffee or smoke break.

Make Breaks help you get out of your head and back into your body by working with your hands and are notorious for kicking stress and overwhelm to the curb so you can get back to living and enjoying your life.

I talk a little bit more about the concept of a Make Break [in this video](#).

Here are 4 of my Favorite Make Break Ideas
I challenge you to give one of these a try today

1. Keep a Meditative Coloring Book



Meditative coloring books for adults are [all the rage right now](#) and I couldn't be happier about it.

Everyone remembers how happy a coloring book made them as a kid - whether you colored inside the lines or not. The act of gliding a colored pencil across a page and seeing art come alive before your eyes is one of the most invigorating acts we can do as humans.

Bust out your favorite coloring book and color in a few shapes (or be a rebel and color over them!) I keep [this gorgeous coloring book](#) and a mason jar filled with colored pencils on the coffee table in our living room and it gets a lot of action from both my husband and me.

Here are a few more coloring books you can quickly get from Amazon.

<http://amzn.to/1J6Uh4R>

<http://amzn.to/1LOsVeb>

<http://amzn.to/1EkekoX>

[Get colored pencils too!](#)

[Or these amazing markers!](#)

2. Go Purposefully Wandering



"Not all who wander are lost" - J.R.R. Tolkien

The next time you have a break, set out without a destination in mind. Go purposefully wandering (a term coined by my friend, Wendy Yalom).

Set your phone timer to the length of the break you need to take and head out on your mini adventure. Let your feet start moving you to where your intuition and curiosity take you. Without a destination leading your path, you'll be amazed at what you'll notice during your walk. It could be a beautiful flower garden in a neighbor's side yard, a bird's nest up in a tree you've never noticed, or a mother and child gleefully dancing in rain puddles. When we open our minds wide enough, we can let the moment of magic come through.

I guarantee you'll return from your wander feeling refreshed, inspired, and maybe even a bit magical.

3. Soak & Massage Your Feet



Take a moment to care for your feet by giving them a good soak and massage.

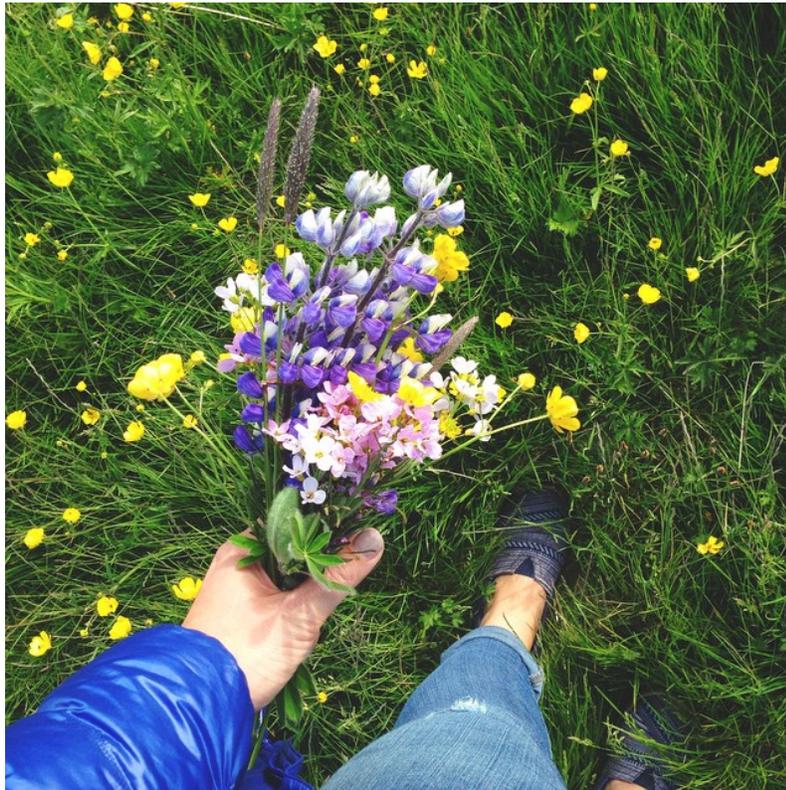
Feet are so amazing. They literally hold up our entire bodies and move us through life. They deserve some love and attention.

By cleaning and caring for your feet (or any body part, for that matter), you are slowing down your pace and dropping back into the wisdom of your body. When this happens, your nervous system can get more in tune with your intuition and find deep relaxation. When we are relaxed, we get less reactive, more patient, and re-inspired.

[Here is a lemon rosemary foot soak](#) using ingredients you can buy at your local market.

Be sure to take extra time to massage each of your 10 toes, telling them you love them and thanking them for the work they do for you everyday. I like to finish my little ritual by putting clean, warm socks over my freshly oiled feet and kicking them up on the couch while reading a good book or writing in my journal.

4. Make a Wild Bouquet



I am a believer that fresh bouquets should be in your space every days of the year. Bringing nature into my workspace is a sure way to access my inner, creative wise woman.

But, here's my secret: I'm not running to the market every week spending loads of cash on flowers. Sometimes, I do. But often, I wild harvest the beauty of nature around me.

Often times, I'll have a bouquet of fresh lemon balm or redwood pine needles on my nightstand. When the sour grass comes in with the winter rains to my yard, instead of grumbling about this pesky weed, I pluck those beautiful yellow flowers and place them in a shot glass right next to my toothbrush in the bathroom.

When we can flip our view of the plant world from "weeds" to "magical blessings from mama earth", all of a sudden we can see what a gorgeous garden we are walking through and living in everyday. I find these wild bouquets to be gentle reminders to take deeper breaths and feel gratitude for each moment.

The next time you need a little make break goodness, go outside and gather a wild bouquet. Bring your beauty back to your living or workspace and lovingly arrange it in a vase, water glass, or a few bud vases around you.

A note on mindful harvesting - never take the whole plant, if you aren't sure if it's poisonous then best to stay away, and give thanks (I like to whisper "thank you") before plucking it.



OK, creative dabbling gal.

I'm excited for you to get your Make Break on! If you happen to capture your creative self mid-make-break with a photo, I would love it if you tagged me [@thedabblist](#) on Instagram with the hashtag **#MakeBreak** so I can see what you've created and celebrate your commitment to your creative self.

Love, Becca