

# Write in the Beat

MARGARET WAGNER

## Creativity Cards

**Ignite Your Art  
with Motion**



## Catalyst for your creative spirit!

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I'm a poet and award-winning travel writer, as well as an Open Floor and certified 5Rhythms® dance/movement teacher. These WRITE IN THE BEAT cards offer you a way to expand your creative pathways through mindful movement and putting pen to page.

I'm interested in your feedback: email me at [margaret@MargaretWagner.com](mailto:margaret@MargaretWagner.com) or visit [WriteintheBeat.com](http://WriteintheBeat.com).

Ignite your art with motion,

*Margaret Wagner*

## Inspire Yourself Every Day

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Would you like an inspiration injection... a burst of creativity that will change your attitude and the trajectory of your day? Whether you have two minutes or two hours, use these exercises to turn on your creativity.

**Directions:** Pick a card from the deck. Choose a new card every day or mix and match the exercises according to what you need most.

The benefit: Getting into the habit of being creative and imaginative will increase your enjoyment of life. Start having fun!

## Dance & Move

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Play your favorite song, dance, or sing—anything to get your heartbeat pumping! Move and groove to your own rhythm, whether it's behind the grocery cart, barefoot in the grass, or in your office bathroom stall.



## Write for 90 seconds

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Start with a phrase such as "From my perspective..." and write for 90 seconds without stopping. Write whatever comes to mind, an unedited stream-of-consciousness. If you feel adventurous, send your writing to a friend and ask for their 90-second response. Experiment!

**Get Started:** Here are some other dropping off points for your writing...

*glide*

*blue*

*a secret I have*

*push*

*method*

*rustle*

*see*

*whistle*

*history shows*

*knead*

*how*

*respect*

## Name What You Feel

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Take a minute to label how you feel today, whether it's frustration, excitement, sadness, etc. Now get creative: If your feeling had a shape, what would it be and where is it in your body? Turn that shape into a repetitive movement which grows larger, then smaller.\*

Every emotion wants to be acknowledged—by expressing your feelings, you deepen your ability to embrace all of life.



\* Idea adapted from Open Floor's movement curriculum:  
[openfloor.org](http://openfloor.org).

## Cultivate a Beginner's Mind

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Notice one thing for each sense: for example, see a flower in the pavement crack, smell wet leaves, taste a slice of lemon, feel soft gloves, whistle with the noon-day horn. Shake up your pattern with something new: play a video game with your tween or make rutabaga for dinner.



## Tap into Gratitude

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List ten things you're grateful for. You might include your raincoat, pencil, or the sound of your car engine starting. Gratitude is a dependable way to shift toward joy and gain positive energy.

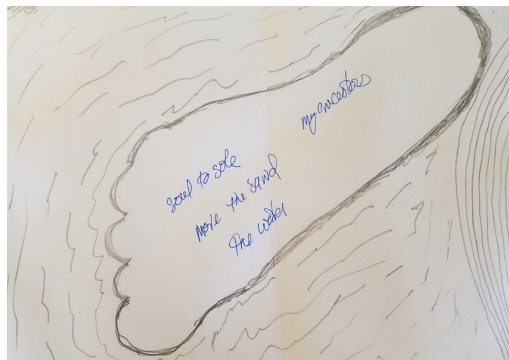




## Doodle or Draw

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Trace your hands or feet. Make at least three pairs. Fill in the interior space of some of them with shapes, patterns or words. On others, use your non-dominant hand to embellish the space outside of the perimeter. Play, experiment, and have fun!



\* Idea adapted from Sarah Davies' Dance Your Art Out:  
[waveofenergy.co.uk](http://waveofenergy.co.uk).

## Count Your Breath

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Inhale and exhale as fully as you can, and repeat five times. Play with the speed: do it slowly to calm yourself or forcefully to rev up your energy. Or, inhale for four counts and exhale for eight, and vice versa.



# Celebrate

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Do something wonderful for yourself...buy daffodils, learn about an artist online, take a walk, or listen to the trees.

By nurturing your creativity, you can shift your mood, your outlook, and even your productivity.



If you have questions or comments,  
please feel free to contact:

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