Ten Minute Journal

Susan Sontra
The Creating Room

Welcome

Creativity is not a personality type.
It is not reserved for artists.
It is not dependent on inspiration.
It is not something you either have or don't.
Creativity is a practice.
And ten minutes is enough.
Small turns compound.
Small reflections build awareness.
Small consistent efforts create measurable change.
This journal is a container for those small turns.
You are not buried.
You are growing roots.

How to Use This Journal

Clear. Simple.

- Choose a Ten Minute Tuesday prompt.
- Set a timer for ten minutes.
- Write without editing.
- Notice what surfaced.
- Track small shifts over time.

Consistency matters more than intensity.

Ten Minute Entry

Date:

Prompt:

What surfaced:

Where I felt resistance:

One micro-action I can take:

(Optional:) One sentence to carry forward:

Energy after 10 minutes:
□ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

Other notes:

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Momentum Checkpoint

Momentum isn't loud.

It builds quietly through repetition.

Use this page to notice:

Growth often becomes visible when you step back

What is strengthening?

Where energy is increasing?

Where resistance still appears?

What micro-actions are compounding?

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You've just proven something important.
Ten minutes is enough.
If you'd like deeper exploration, I host guided workshops and creative alignment spaces designed to help you move from reflection into action.
You don't have to do it alone.