



# Uplift your Joy

## \* Easy Creativity \*

SIMPLE AND FUN CREATIVITY THAT BRINGS  
**FREEDOM & JOY**  
BACK IN YOUR BUSINESS AND LIFE

COLORING, DRAWING AND EXPERIMENTING

*Dear female entrepreneur,*

This is the last day of the Freedom & Joy Course. Also, the most important day *if* you want to stay in flow .

You probably know by now that creativity, art and taking action is very important when you want to grow your business and nourish your soul. That's why I created this cool creative tool that will help you to create every day for 5 minutes.

**How does it work?**

- 1. Print the tool and put it somewhere in sight.**
- 2. Set your alarm for 5 minutes - put in in your calendar!**

Sit down and doodle, create and color for 5 minutes.

*Yes. it's that easy to make space for joy!*

Reach out if you are serious about more clients, revenue and impact into your business

Check my website [www.estherdecharon.com](http://www.estherdecharon.com) for offerings, programs, and Sisterhoods.

With love,

Esther de Charon de Saint Germain

**The Netherlands 2019 - 2020 updated material**

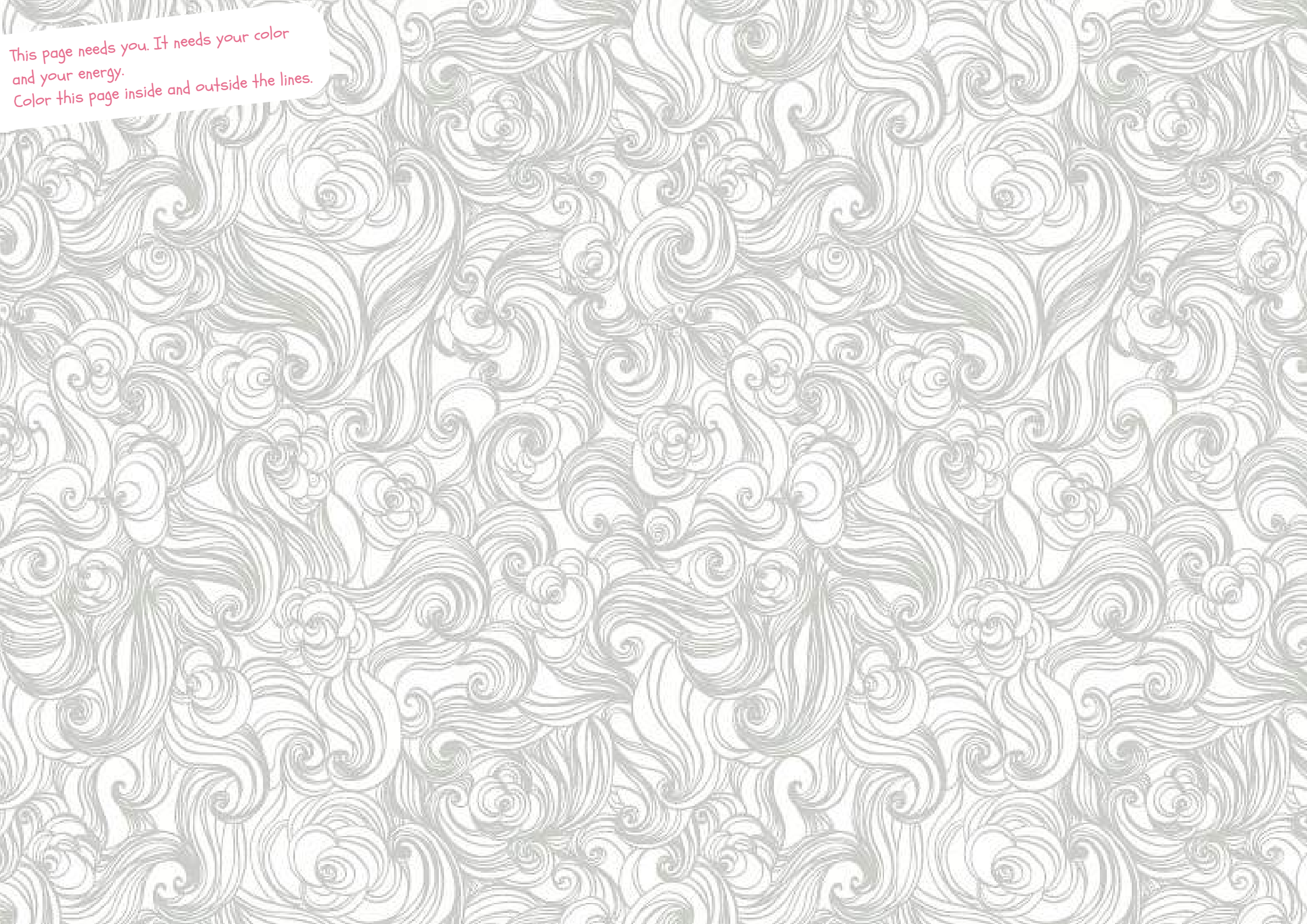
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**[www.estherdecharon.com](http://www.estherdecharon.com)**

**Use this book for your joy, freedom, and happiness.**

**It is created for you with great care and love.**





This page needs you. It needs your color  
and your energy.  
Color this page inside and outside the lines.

Look around. There is something in your room that is calling out to you.  
Pick it up. Listen to it. Smell it. Place it in front of you.  
Study it as if it's the most beautiful thing you've ever seen. Now, Draw it!  
Don't fret about beauty or a perfect image. Breathe...  
Move your hand... let yourself be guided.



Pick up your object one more time.  
Close your eyes and feel it. Keep your eyes closed and draw what you just felt. Whatever you see  
on the paper is okay. Even if it's a faint line with two dots.





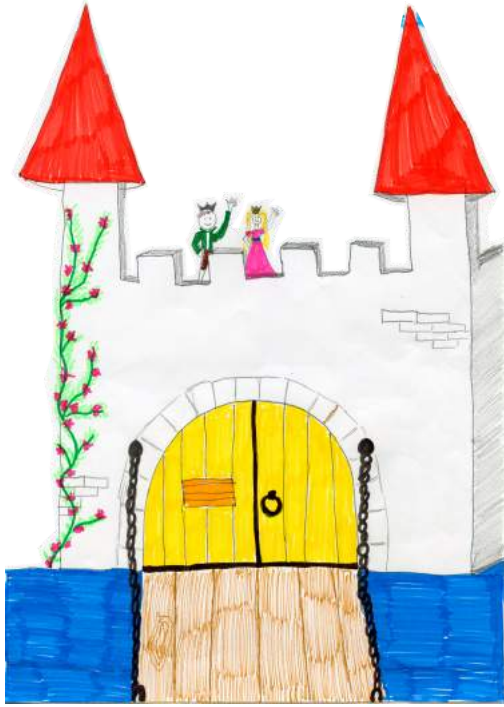
Imagine putting your index finger on the red paint.  
What would happen next?  
Use your imagination - or get paint - and finger paint away.



Trace the flowers with a pencil, change them and make them your own.



Oh oh! Little Red Riding Hood is on her way to the castle.  
But there's no road! The forest, mountains and animals are all gone!  
Help her reach the castle. Draw Little Red Riding Hood's world.





Help! The flowers are floating away. Pick up your pencil.  
Draw the stems and leafs and connect the flowers to the earth.



Use the circles to create your Joy Bio. Draw one thing you love and appreciate of yourself in every circle. Like being an auntie, entrepreneur, mother, recluse, art-lover, book-addict, power woman, introvert, cook .... Fill the circles with wonderful aspects of you.

The image contains 15 empty circles of uniform size, arranged in a loose, non-grid pattern across the page. These circles are intended for a user to draw self-descriptive traits or hobbies within them, as per the instructions in the text block above. The circles are drawn with a dark green outline.



It's "Celebrate your Beauty Day".

But the villagers were having too much fun and forgot to decorate the mill with the appropriate flags. Help the miller! Draw the flags and decorations.

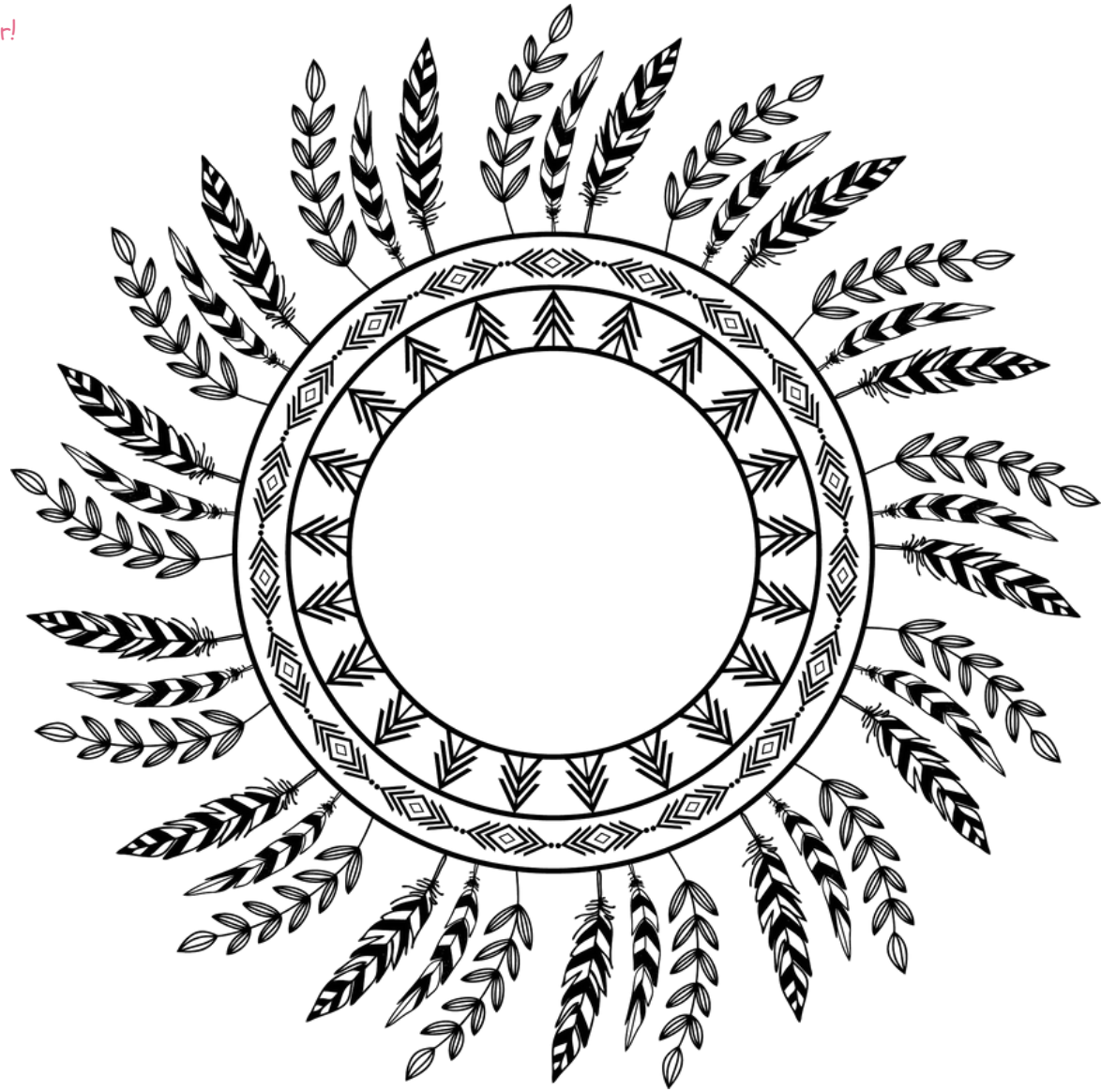
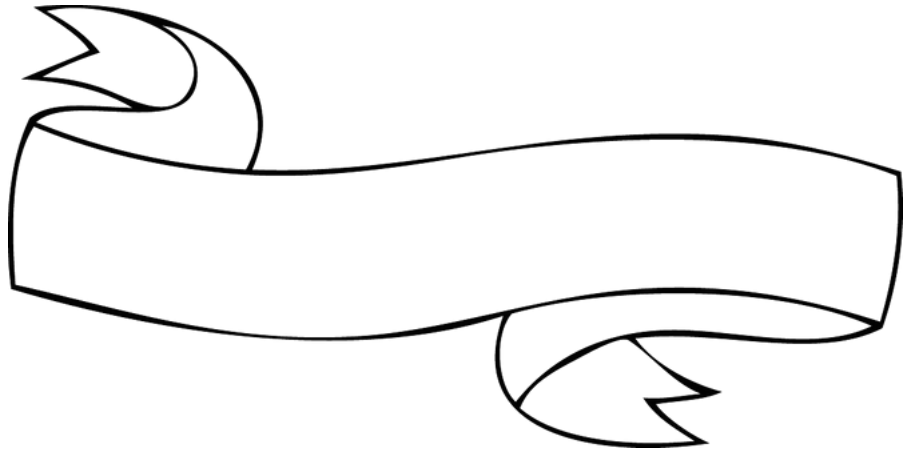




It's your best friend's birthday and you totally forgot to buy her a card. All you can find is a half-finished black and white drawing. Argh!

Here's your chance. Don't think it over, you've got 10 minutes to color, draw and write to her. Get your scissors if you like. Express how much she means to you.

Use the elements on this page and your own creativity. Don't forget to show it to her!



Fill in your Fuck it Stars. Write on every star something that's on your Fuck-It List. Celebrate the things you don't care about \*anymore\*. The mistakes you made, the party you missed, the crease in your dress, the mean remark someone made on Facebook. Fuck it!



Place your hand on the paper and trace it. Decorate this hand, but do it opposite of who you - think you - are. Demure and withdrawn? Paint the nails and draw outrageous jewelry. Outspoken and activist? Go Goldman Sachs at Park Avenue. Responsible and in charge? Make a mess! Get out your lipstick, rouge and glue. Play!!



Imagine yourself. Somewhere on that big beautiful planet.  
Find some paint, a felt-tip pen or a pencil and create a sky for the earth.



# Communicate with your Muse

An important element in my work as a Soul Whisperer and Branding Expert is connecting my clients with their Muse.

I wholeheartedly believe we all have a personal Muse. What she or he looks like is unique to everyone. Maybe it's a person, a color, a shape, or an angel-like being. Maybe it's the voice of a loved one. Or your own wisdom. Your Muse wants you to be happy, it wants you to have a fulfilled joyful creative life.

The Muse is not interested in boring things like perfection. It's sole purpose is to help you get in the flow so you can communicate and express yourself. It wants you to fall in love with who you really are.

It will show you what is really important. If you and your Muse communicate on a daily level you will notice the meaningful coincidences, little messages that will help you to reach your goals more rapidly. Your Muse can be your gateway to fulfilling your hearts desires.

## HOW TO COMMUNICATE WITH YOUR MUSE

1. Print the next page. Clear space on your table and lay the printed page in the center.
2. Find a small rock or a small object that feels comfortable and heavy in your hand.  
Place it on the table next to the printed page.
3. Relax your shoulders, breathe out, close your eyes and think about something you want to change or solve.
3. Now imagine your Muse is standing next to you. It wants to communicate with you.
4. Ask your question out loud. This can be something like: "What is my next step?" or "Why do I feel stuck?"
5. Feel if you are connected to your Muse and pick up the rock and let yourself be guided by your Muse.

Place the rock on one of the images.

6. Now get ready for an intimate one on one with your Muse. Study the image. What does it mean to you?

Do you need to let go? Solitude? Connection? Go with your first thought. Don't overthink it.

7. The more you communicate with your Muse, the stronger your bond will become.

Play with the communication board as often as possible!

**Want me to help you deepen this experience? Reach out for the possibilities on [www.estherdecharon.com](http://www.estherdecharon.com)**







This Little Book of Happy Soul Whispers is my gift to ambitious female entrepreneurs. If you've found this somewhere online, go to my website [www.estherdecharen.com](http://www.estherdecharen.com) and get your own full free toolkit.

All the information about my book The Wonderfully Weird Woman's Manual, the Branding Academy, my Retreats, Branding Sisterhoods programs is on [www.estherdecharen.com](http://www.estherdecharen.com)

