



FOLLOW FLEURS FOREVER

GROW SOMETHING BEAUTIFUL

THE 10-MINUTE CREATIVE RESET

A simple, pressure-free pause
for busy minds and busy days.

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Ten minutes. No pressure.

You do not need an entire free afternoon, a perfect craft room or a complicated project to enjoy a creative pause. This reset is designed for real life: busy days, noisy thoughts and limited time.

The goal is not to produce something impressive. The goal is to give yourself ten minutes.

What you need

- A timer.
- A drink, if you would like one.
- A few simple materials: flowers, leaves, ribbon, paper, pens, fabric scraps or anything safe and easy to handle.
- A small surface and permission to make without perfection.

Minute 0-2: Arrive

Put your phone face down, settle your materials and take three slow, comfortable breaths. Notice your shoulders, hands and jaw without trying to force anything to change.

Minute 2-4: Notice

Look at the colours and textures in front of you. Choose the item that feels most appealing today. There is no need to justify it.

Minute 4-8: Create

Make one tiny arrangement, colour grouping, paper bloom, ribbon bundle or simple pattern. Follow curiosity rather than a finished-product plan.

Minute 8-10: Finish gently

Place your make somewhere you can see it. Take one final breath and notice whether anything feels different - even slightly.

Choose your reset

- The tiny posy: arrange three to five stems in a small jar or cup.
- The colour card: combine scraps, pens or petals into one small colour mood.
- The nature pause: collect a few fallen natural items and arrange them by colour or texture.
- The ribbon reset: select three ribbons or fabrics and loosely knot, plait or layer them.
- The visual tea break: skip making and spend ten minutes looking closely at flowers, leaves or a favourite view.

After your reset

I chose: _____

The colour or texture I enjoyed most: _____

One word for how I feel now: _____

When could I give myself another ten minutes? _____

If ten minutes feels too much

Make it three. Hold one flower, choose one colour or simply step away from the screen and look outside. A smaller pause is not a failed pause.

Bloom in your own time. Small creative moments still count.

Continue your creative journey

Explore beginner-friendly DIY floral kits, seasonal workshops and online creative experiences at follow-fleurs-forever.com, or join the Fleurs Circle for news, gentle inspiration and future resources.

A gentle note

This guide shares general creative well-being ideas. It is not medical advice and is not a substitute for professional care. If you are worried about your physical or mental health, please speak to a qualified healthcare professional or visit the Support Resources page on our website.