

Journal 52 - Week 1 - Thrive



Welcome to an all new round of Journal 52 for 2022!!!

I'm [Effy Wild](#) and I'll be your guidess on this journey throughout 2022. Every week this year I'll be releasing a new art card and some musings to go with them. Collect them all and by the end of 2022 you'll have a deck of 52 cards that you can use either as a prompt deck or an oracle deck - these cards will work either way.

The cards are formatted at 5 x 7 inches but can be printed at any size you like for gluing into your own journals or creating a deck of cards. Use them to jumpstart a written or art journaling session as you prefer. I'll be sharing my own thoughts on each card week by week to get you thinking and feeling.

We begin here in Week 1 with "Thrive". This piece was inspired by a desire to shift focus from surviving, which has been the theme since early 2020, to thriving. I was musing over how good it would feel to thrive after all these many months of hunkering down, and the image of a birch leaf came into my consciousness.

I like to track the Celtic Tree Calendar as part of my spiritual practice and even though I know it was basically invented by Robert Graves and has no real "ancient" historical significance, it does give a gentle sort of rhythm to my life by giving me something to focus on from moon cycle to moon cycle. Birch is associated with new beginnings (turning over a new leaf, if you will), rebirth and regeneration. It also has some associations with creativity, healing, and protection. These are all energies I would like to carry with me into 2022 as we begin to

navigate this new world we find ourselves in.

As we journey throughout the course of this year, I hope to check in with myself every day to ask "Is what I'm doing helping me thrive?" I've also made a list of things that create a sense of aliveness for me so that when I find myself defaulting (as we all do) to numbing or escapist activities, I can change course.

One of the things I've become aware of, especially in the last few months of 2021 is that boredom is something I tend to deal with by self-medicating. The thought of yet another evening alone with not much to do can send me grappling after the wine or the 10 hour Netflix binge or the mindless scroll through the socials.

I'm not judging myself for that. It's a perfectly human response, especially when we are forced into a holding pattern by circumstances that are beyond our control, but it is not what I want for myself any longer. Holding patterns feel like "stuckness". I want aliveness. I want variety. So, I've replaced those things that feel like they keep me stuck with other things. Things like Perrier instead of wine, knitting, dusting off an art e-course I've stored on my harddrive, doing art just for me, reading a book, hopping on my Peloton (nicknamed "Pelly") for a scenic ride, SINGLE-TASKING - which looks like picking one thing and doing it to the exclusion of all else for an hour, journaling, reaching out to a friend, firing up a playlist and cleaning one room in the house, or cooking a meal. These activities create a sense of being alive in the world, and I **never regret** doing them.

Of course, all of this is punctuated by periods of rest or guilt free Netflix binges, but I want my default position to be nourishing and not draining. I know this will be a bit of a cha cha for me between doing it and not doing it, but that's okay. I like to dance.





As you engage this card in your creative practice, let any or all of the following be your guide!

Ponder: What is ending? What is beginning? What is alive in you as we begin this new calendar year? What does thriving look like/feel like to you? What shifts do you want to make out of survival mode into THRIVING.

Prompt: Create an art journal spread or painting that explore the “new leaves” you wish to turn. What new habits do you wish to embrace? What goals are foremost in your mind as you consider the year ahead?

Quote: “My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

~Maya Angelou

[DOWNLOAD THE ART CARD](#)
(hosted on Dropbox)

Share your responses in [The Wilderhood Facebook Group](#)



More About Effy

My name is Effy 'Bird' Wild, (she/her, INFJ, Libra with Libra rising and a Cap moon, swearbear, mystic, soul number 9, in case you were curious) and I am an artist, writer, and teacher. I believe I was put on this earth to hold space for the part of you that yearns to be creative, and through creativity, come into alignment with your best, most healed, most authentic self.

By some awesome stroke of luck, I have managed to gather the most loving, compassionate, authentic, and inspiring [community](#) around what I do, and if you're here, I'd be willing to bet you're one of them.

Find me at <http://effywild.com> or <http://learn.effybird.com>

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