

A photograph of a creative workspace. In the foreground, a wooden chair with a striped cushion is partially visible. To the left, a large green plant sits in a grey planter. In the center, a framed collage of various images and text is leaning against the wall. The background features a window with white blinds and a white wall decorated with a red board holding white shoes, several papers, and a branch. The overall atmosphere is bright and inspiring.

Carve Out Space for Creativity

inspiration for creating a home you love

LATOYA BURTON

INTERIORS | IMAGINATION | INSPIRATION

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Hello Beautiful Soul

I'm LaToya, Creative, Artist, Space Maker.

Space is one of my favourite mediums - it is full of so much potential! I love using space to help heartfelt change makers to find magic in their homes and within themselves. In this guide I will show you some tips and inspiration for carving out a space for creativity in your life and in your physical home.

My vision is to see us all thriving and stepping into our joy. I believe one way we can do this is through creativity. Through creativity we can explore, experience, and express ourselves. When we do this we begin to unfold all we hold within - I see it as a coming home to self.

I hope you enjoy carving out space for creativity!

Be Wonderful
LaToya



*creativity is inventing, experimenting, growing, taking risks,
breaking rules, making mistakes, and having fun.*

mary lou cook

CHOOSING CREATIVITY



photo by Zen photography

INTRO

choosing creativity

Whether you consider yourself creative or not, starting a creative practice will always expand you. It can help you get through the layers to find your unique expression. At the core of our being we are creators! I invite you to connect to this aspect of yourself through curiosity and exploration. This guide is offering an opportunity to embrace this part of you and to invite it to the table to share its story with you.

Besides my work in Interiors, I come from the point of view of a visual artist doing mostly 2D works, however the information you will find here can be adapted to any range of creative practices. Such as WRITING, SEWING, KNITTING, JEWELLERY MAKING, MUSIC/SINGING, DANCE, you name it!

I am a fan of starting where you are and using what you already have, then coming in and adding a magic touch from there. So, first, I encourage you to *embrace* the space you currently have and begin carving out space from there. I am going to come from the point of view that you don't already have a spot where you create, but if you do, use each prompt as an opportunity to reassess your current space and make any necessary updates you feel called to make.

So, let's get started!

the desire to create is one of the deepest yearnings of the human soul

dieter f. uchtdorf

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REFLECT & IMAGINE

tapping into your creative desires

Let's take a moment to imagine and dream about what it is we would like to create. Are there things you have been wondering if you could create? Have you had a niggling to write a story? To give drawing a go? To experiment with paints? *What creative activities did you do as a child that you really loved?* Is there something you have told yourself you want to try, if only you had time, if only you had supplies, if only you were not nervous to make a mistake? Perhaps it is not a specific object, but a feeling? Allow yourself freedom to be curious...

Use the space below to list and explore things you are drawn to create. Try not to limit yourself. List anything that pops in land on the page. It does not have to be what may typically be considered art. Just answer the question: *what do I want to create?* The less you analyse the better! And while your at it use a colourful pen or pencil if you have one, make drawings (even the simplest stick figure drawings will do - just tap into that part of you that dreams and dwells in imagination.

I WANT TO CREATE...



ASSESS

your space & your creative tools & supplies

With your ideas fresh on your mind I encourage you to take a little tour of your home, you are noting where you may or may not already be engaging in creative activities. You are keeping an eye out for spaces that can be transformed - a corner, a room, an unused spot. You are also noting the location of any creative supplies you already have and how much you have of each item. As you do so, you will start to get more familiar with how much space you actually need for your creations to come to life - you will be able to get a real sense - a visual sense - of what you are working with. *You can use the space below to start your notes.*

Ask yourself : *what tools do I desire to create with?* If you are just starting out on your creative journey, think paper, pens, pencils, crayons, paints, tape, glue, markers, as basics. Depending on your craft you may need things like yarn, a sewing machine, or your musical instruments. A rug to dance on? A stereo or computer? If you are starting down a completely new creative path, you can note what tools you will need to obtain to start your craft.

MY CREATIVE TOOLS...



CARVE OUT SPACE choosing a location

Time to take another tour of your home, this time with the intention of finding 1 to 3 spots where you might begin to carve out space. You will have some ideas from your last tour, but now that you are a bit more clear on what you want to create these 1-3 spots will begin to call out. It does not matter whether you have a small space or a big space, a permanent space or something you have to pack up and make mobile, what matters is that you *carve out a space just for you to create*.

Your space can be as simple as a dedicated creative shelf or drawer, or adding a chair and a basket with your tools to a currently unused corner. Depending on your home it could also look like a spot cleared on a kitchen counter or dining room table, sitting in your bed with the covers over your crossed legs, or it could be a comfy side chair or sofa in your living room, or the floor in a space with nice lighting, or it might just look like a large desk or table with heaps of open storage.

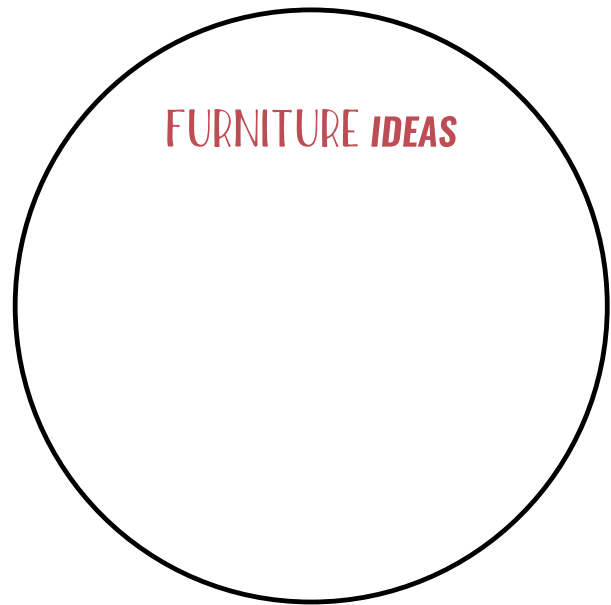
There are No Rules on Placement.

Now that you have assessed your tools and your potential locations, do any of your spaces you called out seem like it can hold your items better than the other spots?

If you are still pondering that is okay, read through the rest of this guide and see if you can come closer to narrowing down your creative location. If it helps you can jot the potential locations down on the next page and note what you may need to do to the space to make it work - i.e. move shelf, or relocate arm chair, etc.

	POTENTIAL LOCATION	UPDATES NEEDED (clearing, moving, adding, etc.)
1		
2		
3		

ADDITIONAL NOTES:



CLEAR YOUR SPACE & ADD FURNITURE

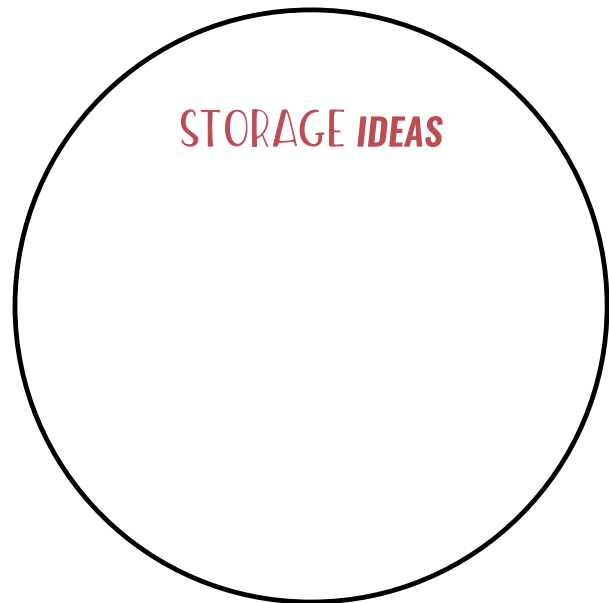
start creating space

By now, you may have a pretty good idea about where you will carve out your space. You will have noted if furniture needs to be shifted or if an existing space needs to be cleared of items that will find a new home or need to be discarded.

Start by clearing your new space of any items that are no longer needed here. Clean the space as necessary, so you have a fresh start. *This space is an extension of you* - place to connect with your self - space for self discovery. I invite you to set your intention that this is your sacred space to express yourself.

Once clean and clear it is time to start adding back in. Most creative outlets need a flat surface to work with - whether that be a table of some sort (makeshift with plywood and concrete blocks could work), a desk, a counter or a flat clear space on the floor. If you can only carve out a tiny space you may look at investing in a masonite board that you can place on your bed, your lap, or on a sofa arm (and tuck away when not in use).

Do you need a chair? If so, decide what type of chair is best and if you already have one around that you can use. Slide it up to your table. Is there any other useful furniture you can repurpose for this space? A set of shelves? or a shelf you can attach to a wall? Or drawers for storage? A cart or basket so you can be mobile? ***Use the space above to make a list.***



STORAGE IDEAS

give it a home

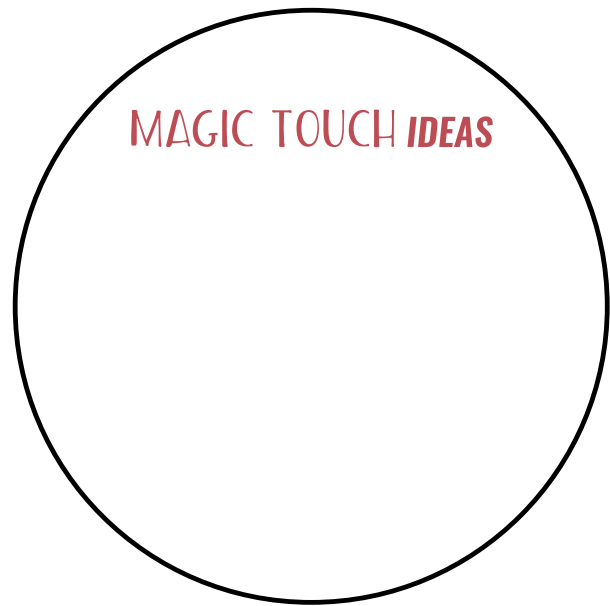
Okay, so when it comes to storage and keeping things organised my mantra is: GIVE IT A HOME. I personally know that when you start creating things can get all mixed up and to the outside observer it can look like a complete mess or very disorganised. I say try to be okay with that - and when you are ready go for the RESET! The Reset means that you can easily put everything back in its home and then your space is organised once again and ready for your next creation. Think: put like with like - i.e. put brushes together, papers together, paint together, etc.

So that means you need storage... here are some basic storage tools you can use : **shelves, jars, cups, baskets, hooks, a wire and clothes pegs to hang drying or completed works, metal, cardboard or some other containers in varying shapes and sizes.**

Or, sometimes you may want to create on the go, so you can create a travel kit that can move around with you - consider tote bags, baskets and backpacks for this. Or if you are moving around in your home - a cart on wheels might be a perfect solution.

Once you have pulled together the storage items you already have, place them in your new space, and start collecting and bringing your creative tools to your new spot. Don't worry about getting everything in exactly the right spot on the first go - allow your self to actually use the space and experiment with what works best. If you need to tweak something that is okay, you are starting to settle into your new space.

**A note that as you gather your tools, there may be a moment of what feels like chaos as your items that are currently dispersed and are waiting for their new home. It is okay, they will find their home. Creating space evolves over time.*



PERSONALISE IT

magic touch

Now you have all the basics, and you can really make it your own!! You can paint the walls in a colour that you find uplifting or add decal or paint a pattern right on the wall (like I did above), hang up an inspiring artwork (it can be your own!), create an altar to your creativity. Ultimately your actual creations will personalise your space, but consider any other magic touches that can add a sparkle to your space. A statue or some special book ends? A plant? If there is a window, can you add curtains in an uplifting colour or pattern? Consider making a vision board and placing it on a wall in your space, you can use washi tape and apply it directly to the wall and allow it to continue to grow or evolve over time.

What ideas are you thinking of?

you can't use up creativity. the more you use, the more you have.

maya angelou



USE IT - TIME TO CREATE !

express yourself

Now it is time to put your space to use. Make time for yourself to express yourself. if you can I invite you to visit this space daily. You will be reminded of your intent every time you see the space you have made, but you might actually need to schedule time into your calendar to make it part of your new routine. Creating habits that are rooted in delight can start with just 5-10 minutes at a time.

What will you create?
list any new ideas below

what is creative living? any life that is driven more strongly by curiosity than fear.
elizabeth gilbert

Thank you for Joining me in creating space!

i wish you the best on your creative journey

Need additional ideas?

I made this [pinterest board](#) of inspirational studios and creative spaces for you. Remember that these spaces are photo ready, and the actual creative process can be messy, so i invite you to use these images to inspire ideas around storage methods, layout ideas, and possible accessories rather than for comparison to your own space.

Seeking one-on-one support with your specific space?

[Reach out](#), I am here to support you in your design, decor and decluttering needs.

Or

Are you ready to dive into a creative self discovery journey?

see the next page for a bit more info.



photo by Zen photograhpy

be wonder full & allow your creativity to blossom

LaToya



CARVED OUT SPACE, WHERE TO NEXT?

I INVITE YOU TO START A SELF-DISCOVERY JOURNAL

Imagine a place where all of you is welcome, a place where you can be fully yourself. This can be the role of your journal. Your journal can be a place to connect with yourself - a visual space for self discovery. This is the perfect place to ask yourself questions, to explore new ideas and to express whatever you are experiencing, it is all about the process...

It can be as simple as starting with a few blank pieces of paper and asking yourself a few questions. What do I desire? What do I love? What do I feel? Then write this out, paint it out, draw it out, or find images to cut and paste it out!

Interested in learning more? Join me in the process of Interior Alchemy Musings (I AM), where we explore 7 principles to get us closer to what is desiring to be expressed from within: Embrace, Imagination, Freedom, Inspiration, Vision, Activate, and Thrive! We will ask questions, draw, collage, paint, draw, and much more... we can do this together one on one, in circle gathered with others, or at your own pace with prompts sent directly to you. Come on over to my [website](#) to find out more!

may you thrive in all you do
LaToya

the most creative act you will ever undertake is the act of creating yourself.
deepak chopra