

---

*the*  
Rosemark  
Retreat  
*workbook*

*Everything you need for your retreat  
(and then some) is right here.*

---



# Welcome

Hello, and welcome to the Rosemark Retreat 2022 workbook. Brew a pot of tea, rummage through the biscuit tin, and get planning for creative days ahead. We created the retreat with one goal in mind: to spend time creating, alone and with friends.

All you'll need to prepare is **a moment of time**, and a **creative project**.

Whether you join in every day, or make some time on the weekend, we are thrilled that you're here with us. Let's make lovely things!

---

# What is the Rosemark Retreat?

On the last weekend of June, we are inviting people to set aside time to work on a personal creative project, to enjoy that time, and to share their work and moments with other retreat participants on social media. In the days leading up to the event, Rosemark Press will be sharing resources, inspiration, and prompts to help you bring more creativity into your life.

Through this event, we want to share the value of making time for creativity in amongst everyday life, and we hope you'll continue making creative moments far beyond the retreat!

The Rosemark Retreat will be held on the 25th and 26th of June, 2022. Participants will be encouraged to hold their own retreats during this time, each working on a personal creative project, and to share their retreat moments and projects on Instagram through a dedicated hashtag.

## Why do a retreat?

The Rosemark Retreat aims to bring you some time alone with your creativity, to listen to your dreams and aspirations, and to allow yourself to take those first steps towards realising them. You needn't go somewhere fancy for this retreat — you can do it right at home.

---

---

# How to use this workbook

This workbook was made to help you get prepared for the Rosemark Retreat. It will guide you through identifying key parts of your personal creativity, picking a creative project, and building a creative routine into your everyday life.

Whether you've got a project you're eager to work on, or you have nothing in particular in mind, we have suggestions, tips and inspiration to help. This workbook will help you find the things that bring you the most enjoyment, and encourage you to go ahead and create more moments with your pursuits.



## Before your retreat

Not sure where to start with your retreat? We've got some tips on planning your project, and creating a cosy space.

---

---

# Retreat at home.

One of the best ways to prepare for a creative session or retreat is to prepare your space. Think of it as nesting. You're making a place full of things that you find cosy, relaxing, and inspiring.

If you're staying at home, pick a part of your house or garden that has enough room for your activity (especially if you are doing something like garment sewing or painting at an easel), isn't too bright or too dark, is free of distractions, and won't have anything getting in the way.

*If you don't know what sort of workspace will suit you best, sit down with a pen and notebook, and imagine your ideal workspace. Where would you best like to be?*

---

---

## Create a cosy space

For many of you, you'll be working at a desk or table. Consider the placement — is the lighting adequate, and will you be able to have all your necessities close to hand? (Power outlets, charger for laptop, music, blanket, cup of tea, air conditioning . . . whatever will help keep you comfortable and creating).

## Be ready

Set up all the things you'll need in advance of your retreat time. For artists, get all your art supplies ready and waiting. Writers might make a stack of all the books and stationery they'll need. Knitters should wind their yarn into balls, mark out their patterns, and make sure their knitting kit is close to hand. And so on.

## Set the scene.

Set up a snack plate and refreshment table, burn that candle you've been saving, create a playlist of music or ambience. Pick out your cosiest clothes, your favourite tea and teacup, use that fancy ink or those art supplies you've been hesitant to open. Give yourself permission to spoil yourself!

*Buy some flowers to put in a vase, light that candle you've been saving for something special, or wear your favourite perfume.*

---

---

# Retreat out-and-about

Maybe you're not planning on staying at home for your retreat. For some, it can be easier to work undistracted when you're away from home. From finding a local spot for a couple of hours, to escaping to a countryside cottage for the weekend, the world is full of lovely places to stop for a while.

For the adventurous sorts that find the idea of a countryside or forest retreat appealing, remember to pick accommodation that suits your creative practice (such as space for an easel, or a table for a sewing machine). You could gather like-minded creative friends and share costs, and plan a group retreat for some creative company.

*If doing the retreat in the company of friends is appealing,  
but you don't have the time or budget for a holiday retreat,  
then read on to learn about virtual retreats!*

---

---

## Parks & gardens

Take a picnic blanket and a basket with all your necessities, and find a perfect spot under a tree or beside the flowerbeds. Bring a little picnic, a flask of tea, and spend some time in the sunshine, letting your creativity free. If you have some creative friends, invite them along for a picnic retreat, and work on your personal creative projects in company.

## Coffee shops & cafés

Perfect places for people who love to be amongst the clink, chatter, and scent of coffee beans. You probably know a good local spot where you can linger at a corner table for an hour or two. If not, this is your excuse to go scout around and find one. Coffee shops are a perfect choice for those needing little more than a laptop or a notebook and pen, making them a long-time favourite for writers and students.

## Get away for the weekend

For those wanting a more dramatic retreat choice, look around for cottage stays and lovely accommodation spots. Staying away in a lovely town or countryside spot can be the dash of inspiration and freedom that you might need to truly indulge in your creative project.

---



---

# Making a Virtual Retreat Group

Teaming up with friends can be an excellent way to boost your motivation and keep each other on course and away from distractions. Arrange a time and date with a group of like-minded friends, and enjoy your Rosemark Retreat in company!

For those who enjoy a chat while they work, video or audio group calls are a cosy way to keep company around while you work. Keep each other motivated and enthusiastic, and encourage your friends to let their creativity roam free!

For some, the conversation can be a distraction. Our suggestion for a low-distraction retreat group is a variant of the virtual co-working setup. In a private group or audio chat, have everyone check in at the start of the retreat and share what you'll be working on. Then set a timer for an agreed amount of time, such as 45 minutes, and go off and work on your project. At the end of the time, jump back into the group chat and share what you've done. Spend some time discussing your work and cheering each other on, and then repeat the pattern of quiet solo work time, and group check in, until the retreat is complete!

---

---

# Finding a creative project

The following pages will encourage you to think about your creative journey and your dreams and goals. If you don't have a creative project, the exercises here will guide you along on the path of choosing one. If you are already underway, then these exercises can be an enjoyable way of checking in with your creative journey, and maybe discovering some new things about your creative practice..

So let's get started on making many lovely, creative moments.



---

# What does your creativity look like?

It might be easy to name - painting, or writing, or sewing. It might be a bit harder to pin down - perhaps you are a reader, a gardener, or someone who hikes a lot because they enjoy being in nature.

Open your notebook, or favourite note-taking app, and work through the questions on the following pages. Let yourself dream big and let your creativity shine!



---

# Journaling Prompts

- What hobbies or creative pursuits do you already make time for in your life? What do you enjoy best?
- Do you feel like you spend as much time as you want on them, or do you wish you could spend more time doing these things?
- What creative pursuits have you always wished to do? Perhaps there's a skill or hobby you have been thinking of picking up? Write about why you want to do it, and what is holding you back.
- What sort of artists and makers do you follow on social media, or buy books from? Is the art you view and enjoy different from the art you make. If so, why?

*Tip: if you're not keen on journaling, you can say the answers to these questions aloud to yourself.*

*If you're holding your retreat with friends, these are great conversation questions to talk through together!*

---



---

# Make a Like List

This is a quick task that sheds light on the unique mix of inspirations that makes your creativity different from others. Take your notebook and write down everything you love to create. Then write down things that make you happy or inspired, such as colours, moods, motifs, mediums, genres . . .

What you'll end up with are all the ingredients to make a work that is full of passion and enjoyment.

Use these things, as often and as much as you wish. It's very likely, in putting these things down in words (even if nothing was much of a surprise to you), that you might already see the first glimmers of what you wish to create.

# Fill The Well

Now for a bit of homework.

Seek out those things on your Like List and fill the well of inspiration. Look at paintings by that particular artist, read your favourite author, go for a walk, visit a bookshop or cafe or museum, bake, go fabric shopping, eat well. Fill your life with things that make you want to make, and make sure you return to them to fill the well regularly.

---

---

# Daydreaming your project

The very first steps to realising a dream project are quiet and personal. It's a slow uncurling of aspirations, captured in ink, between you and your notebook alone. These first words might never be shared with anyone, but they are important.

Some will have a creative project waiting to go, something they've already thought of and dreamed about. Others will have only a vague inkling of an idea, and nothing clearly defined. This stage is about sketching out a shape for your project, visualising the process and the end point, and committing to embarking upon your creative journey.



---

# Your dream project

If you don't yet have an idea of what your project will be, then use this moment to write down 3-6 dream projects you've always wanted to do. (You probably thought of some while you were writing your like list.) Now, pick one to get started on! You're going to take your first step towards that dream goal right now.

## Stating your intent

Write down the big idea of your creative project in one or two sentences. Be as pithy or as flippant as you wish. Your project might be something that takes a few hours, or something that takes a few years. It might be something you feel confident in completing, or something that will challenge you.

If you're stumped on what to do, look back at your Like List and your hobbies, and tumble together all the most appealing things.

Once you've stated your intent, let your thoughts wander further. Look at the list of journalling questions on the next page, and consider answering the ones that feel relevant to you and your project. Be honest and truthful — no one need read this but you.

If you've completed your prompts, you probably have a good idea what your project is.

---



---

# Journaling Prompts.

- What moment, experience, or thing inspired the idea behind this project?
  - Why do you feel compelled to do this project?
  - What do you hope to learn or discover in the process of this project?
  - What stories do you want to tell, what emotions do you want to evoke – and why?
  - Will you share your work with other people, and if so, how?
  - If your project is something new, what do you think it will add to your current creative process?
  - If your project is something ongoing, are you struggling to complete it? If so, why? (Time, motivation, inspiration, resources?)
  - What is your perfect, dreamy creative day? Picture it, from morning till dusk. Think of this project as the first step towards one day achieving it.
-



---

# Summoning motivation

While making time for a creative retreat as a once-off might be a breeze, adding a creative habit into your daily life might be more of a challenge

Motivation is a finicky thing. Sometimes there, sometimes not. Sometimes strong, sometimes not. Some people form habits easily, others struggle to be consistent. In this section, you'll find a few ideas on summoning up that elusive motivation.



---

# Routine & Ritual

A warm-up routine slides you gently into the state of mind for creating, and after a while, becomes a sort of habit that wakes your creative mind up when it's needed. A warm-up routine will usually be around 15-30 minutes, and can take many different forms. For example, an artist might start with making a cup of tea and sitting outside for 15 minutes, doing observational sketches.

If repeated enough, the act of making tea and sitting outside will spark the desire needed to sketch, and once underway, the first hurdle of motivation is cleared. Plus, a customised routine or ritual is a delight to have as a part of your day.

# Sensory Moments

Moments of sensory recognition are wonderful shortcuts into a creative frame of mind. This can be used to great effect by adding sensory moments into your routine. For example, having a special blend of tea (or coffee) that you only ever make as part of your warm-up. Or a candle with a lovely scent that is only lit when you're creating. Other ideas could include a dedicated warm-up playlist, or a particular type of biscuit to have with your tea.

---

# Build your warmup routine

Choose 3–5 items from the table below, or use the blank spaces to add your own, and arrange them into a routine that sparks enthusiasm.

Make a cup of tea	Take a brisk walk	Browse your inspiration boards
Loose observational sketching	Listen to music	Timed writing
Get dressed in a cute and cosy outfit	Write out all your big dreams and goals	Lie on the grass and watch the clouds
Light a candle	Abstract sketchbook play & exploration	Daydreaming

*Try your routine out. Did you enjoy it? Was it easy to get started? If either of these are 'no', then change or tweak until the answers are both 'yes'.*

---

# Your Rosemark Retreat

*Now you've got everything you need for your Rosemark Retreat and it's time for those last details. Pick your date, time, and location!*

What day, at what time, are you doing your retreat?

---

Where will you be for your retreat?

---

What is your creative project?

---

How will you set up your space?

---

What is your warm-up routine or ritual?

---

---

---

# You're all set.

The official Rosemark Retreat is being held on the last weekend of June, on the 25th-26th, but you can hold your retreat whenever you wish!

On the 25th and 26th of June, hop onto Instagram to share your retreat moments and creative projects with the hashtag **#rosemarkretreat**

# See you there!

---



HELLO@ROSEMARKPRESS.COM  
WWW.ROSEMARKPRESS.COM.AU

 @ROSEMARKPRESS