

Re-Awaken Your Creative Side

List the creative things you remember doing as a child.

List the excuses you use to not start/finish a creative project.

List ways you can create more time to work on a creative project?



BALANCE ACHIEVED
A Healthier You is Waiting

Benefits of Re-Connecting with Your Creative Side.

- Stress Reduction
- Supports self-care
- Helps you to be a better problem solver
- Increases your self-esteem
- Reduces depression & anxiety
- Could be a money saver
- Helps you connect with others
- Sets a great example for your kids
- Helps you become an IDEA generator

Taking a 15 minute walk in nature may very well be what you need for inspiration to start or finish that next creative project.

Simple Ways to Re-Connect with Your Creative Side.

- Evaluate and prioritize how you spend your spare time.
- Take a class or go to an event
- Create a space at home where you can work and store your supplies.
- Purchase a "PLAY KIT"
- Purchase a "HOW-TO-GUIDE"
- Ask this simple question, "How can I do _____ better? (fill in the blank)"
- Don't allow yourself to "over think" any creative endeavor
- Don't worry about what others will think of your work
- Break your creative project into small parts
- Team up with a co-worker or a classmate and collaborate on a project
- Use your own life as inspiration for a creative project.
- Put a creative spin on an old hobby.
- Go with the flow and surrender the need for control.

**"DON'T THINK!
THINKING IS THE ENEMY OF
CREATIVITY."
*Ray Bradbury, Author***

Try These to Jump Start Your Creativity:

- Daydream
- Observe everything
- Take risks
- Take time for solitude
- People watch
- Get out of your head
- Seek out new experiences
- Ask questions
- Follow your true passions