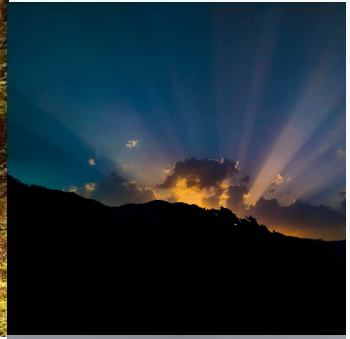




Five Ways to Cultivate the Creative Life



Sowing Seeds

Freewrite three pages of stream of consciousness in longhand for your eyes only.



Creative Rendezvous

Take yourself on a fun and playful outing each week. A one to two hour outing all by yourself.



Weekly Walk

Take as least one twenty minute walk each week by yourself...no dogs, no phones, just yourself.



The Creator Connection

Be open to connecting with The Creator, God, the spiritual side of creativity.



Creative Community

Find or form a group of fellow creatives to meet with on a regular basis for encouragement.



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