

Name: _____

In your memory there is a snapshot of a girl on an
unstoppable mission to invent, create, take risks, and have fun!

~Kathy Vick, Run Like A Girl

We are all creative. Every single one of us. Creativity is something we are born with. You have not been left out. I used to think that I was missing the necessary gene to be a phenom. Only really "gifted" people were creative. I used to think that to be a "creative," I had to be an artist of some sort. A painter, sculptor, photographer. What I know now is that creativity is an approach, not a medium.

The truth is, that living your life is creative. Life is about creating each moment instead of just letting life happen to you. Creativity is making new connections between two things that did not exist before. It's perspective. It's who you are.

Remember when you were little and you would make up games, stories, dances, songs, and plots against authority? All creative. Honor your child-like self. *Let's play.*

What inspires you? Why?

Top 5 Favorites

Here are some things to revisit to ignite your creativity. List your *Top 5 Favorites* for each category. Say *why* they are your favorites. *How* do you feel when you do a favorite? *Where* can you get a quick dose of it?

Top 5 Favorite	Why is it favorite?	How do you feel?	Where can you get?
Quotes:			

Top 5 Favorite	Why is it favorite?	How do you feel?	Where can you get?
Movies			
Stores			
Web Sites			
Colors			
Books			
Foods			
Songs			

Top 5 Favorite	Why is it favorite?	How do you feel?	Where can you get?
Scents			
Exercise/Body Movement			
Hobbies			

What commonalities are among your favorites? _____

Name something new that you view as creative that you are willing to try: _____

Here's what to do with your *fabulously inspiring results*:

Engage in/with these things a little bit every day. 15 minutes. Watch a YouTube video. Read a few quotes. Exhale. Commit to trying that thing you think is creative this month.