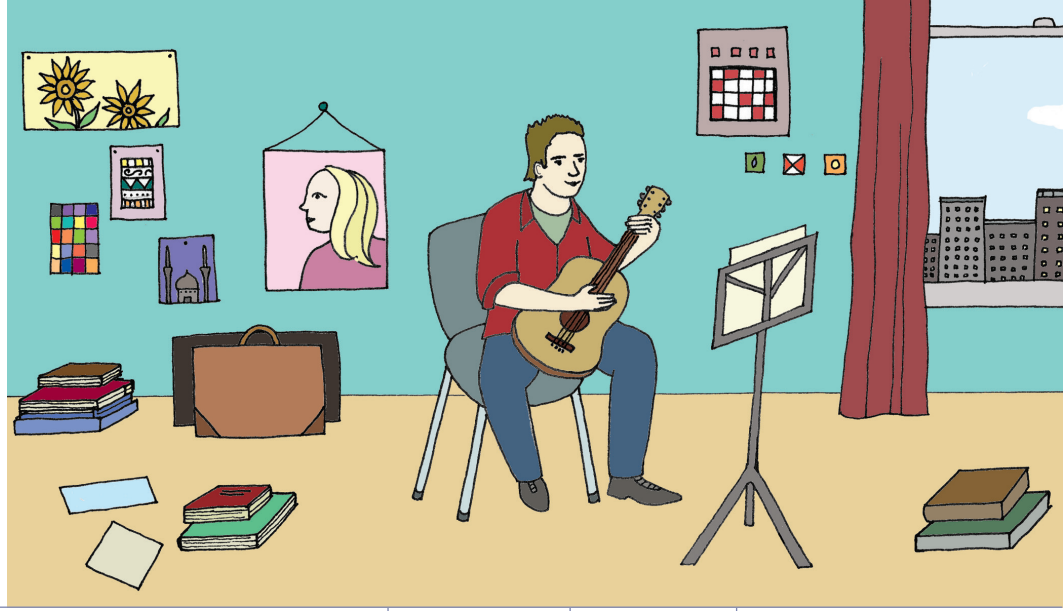
Creative Endeavors

Stoking your creative fire can improve your productivity and life satisfaction by sparking insights, forging synaptic connections, and infusing your life with new energy, meaning and joy. So give a little thought to the status of your current creative urges and expressions — and then get busy giving them a boost.



Skills and Know-How	I've got this mastered!	Still working on it.	Ready to make this a priority.
1. I regularly pursue creative and personal projects (music, art, writing, crafts, gardening) purely for satisfaction and enjoyment.			
2. I surround myself with creative inspiration by exposing myself to new sights, sounds, ideas and experiences on a regular basis.			
3. I bring creativity to my work and to my relationships with others.			
4. I'm open to doing things I'm not necessarily "good" at.			
5. I meet regularly with like-minded creative people for support, camaraderie and inspiration.			
6. I'm able to ignore the voice of my inner critic when necessary.			
7. I appreciate the creative talents and contributions of others.			
8. I know how to jog my creativity when I'm feeling stuck.			
9. I feed my brain with a steady supply of open questions, unsolved puzzles and "never done this before" challenges.			
10. I'm aware of the physical environments and periods of day in which I tend to be most creative.			