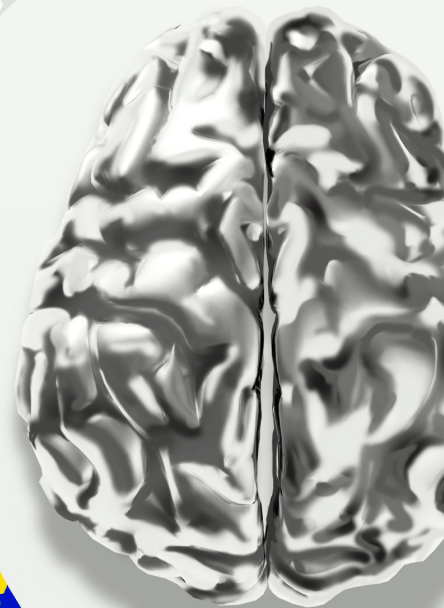


CHALLENGE YOUR CREATIVITY





DID YOU KNOW?

Creativity does wonders to your mind! Studies have shown that by implementing activities that require your creativity, you can become a better problem solver. It not only feeds the soul but forms as a re-hydrator for the brain since it relieves stress. Challenge yourself, have fun and let's get to it!

What creative activities come easiest to you?

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Before scrolling on your phone, pick one of these and create something unique like you.

What creative activities are most challenging for you?

Dancing, poetry, music, drawing, creative writing, etc.

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Create new neurons in the brain and stimulate the conscious mind!

What creative activities have you always wanted to try?

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You have hidden talents, gift and strengths that you have yet uncovered. Get curious and look for the GOLD with in you.

WANT INSPIRATION?

1. **Draw what you love most about life**
2. **Write a poem of an emotion you want to let go of**
3. **Learn a new dance routine on YouTube**
4. **Sing a song (Karaoke Style)**
5. **Create your own superhero. Write a list of their strengths, weaknesses, powers, personality etc. and don't forget to give them a name!**
6. **Write a short story of how life would be at a whole new world. What would life be like? What would the planet look like?**

TIPS:

- **You don't need to go in order, pick one that strikes inspiration and get started!**
- **Grab a friend and work on it together!**
- **If it gets challenging, look up similar work from others and get inspired!**
- **Do one of these once a day or once a week but stay consistent. It's important.**