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Creativity sets my mind free. I tap into my imagination. **I treat my life like a work of art.** Whether I am doing my laundry or helping my children with their homework, I am painting my masterpiece.

I have fun. I laugh and smile. I sing and dance. I take time out to watch funny movies or play with my dog. **I feel more creative when I lighten up.**

I dream big and take risks. Being creative requires courage, so I venture beyond my comfort zone, try new things, and learn from experience.

I search for inspiration. I visit art museums and read the science section of the newspaper. I admire natural beauty and the latest technology.

I apply creativity to the ordinary things I do each day.

I turn cleaning my house into a game. I challenge myself to find easier and faster ways to accomplish routine tasks. I try out interesting ideas that I read online. I scrub

my bathtub with a grapefruit and discover more uses for vinegar and baking soda.

I express myself through my work and hobbies. I take satisfaction in making a web site look more attractive or building a toy airplane out of popsicle sticks.

I experiment with new approaches to my relationships. I count to ten instead of losing my temper. I practice speaking more directly and tactfully.

Today, I nurture my ability to innovate. I make creativity my way of life.

Self-Reflection Questions:

1. How does creativity enrich my life?
2. How would I describe my inner artist?
3. What is the relationship between curiosity and creativity?