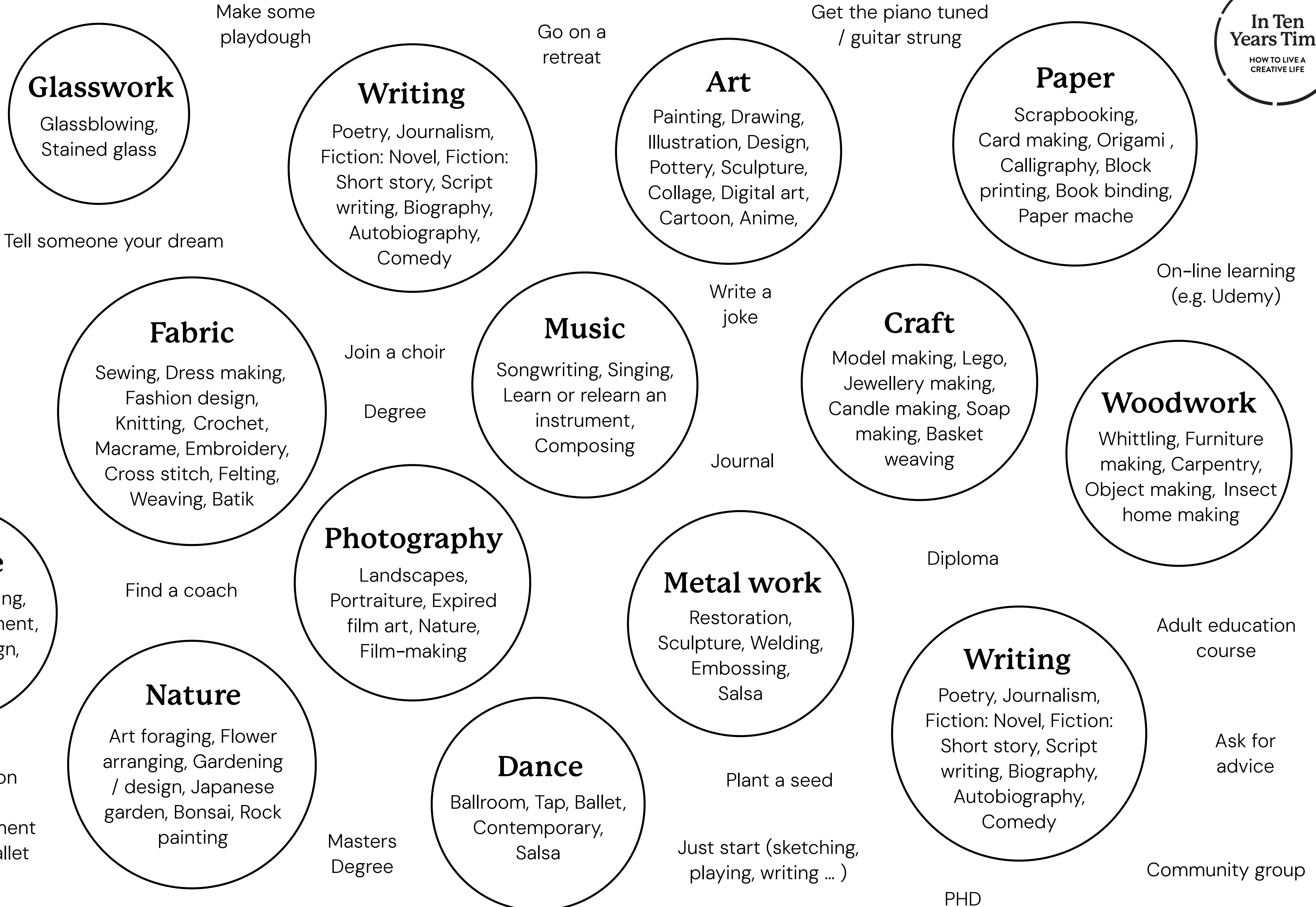


Instructions

- 1) Underline the creative categories that appeal to you e.g. music or art
- 2) From each category select 1 or 2 specific creative acts that make you feel inspired e.g. learning an instrument or furniture making
- 3) Use the words outside the bubbles to identify ways you can either try the creativity right now or amplify the passion you already have e.g. local class, find your paints, doing a masters degree
- 4) Allow the words on this page to inspire you and lead to new ideas beyond what is written here



Make some playdough

Go on a retreat

Get the piano tuned / guitar strung

Tell someone your dream

Join a choir

Write a joke

On-line learning (e.g. Udemy)

Degree

Journal

Diploma

Adult education course

Create your own hobby group (e.g. crochet group)

Find a coach

Landscapes, Portraiture, Expired film art, Nature, Film-making

PHD

Ask for advice

Find an audition

Find your old equipment (where are those ballet shoes?)

Masters Degree

Ballroom, Tap, Ballet, Contemporary, Salsa

Plant a seed

Just start (sketching, playing, writing ...)

Community group

PHD