Creative Self Expression

Creative self expression gets us out of our heads and more present in the moment. Many times this can lead to a personal breakthrough or at the very least some extra joy/fulfillment.
We are all creative in our own ways whether you find unique ways to solve problems or write prose, we've all got our own creative abilities.

Answer the following questions and then practice your own form of creative self expression.

Do I consider myself a creative person? Why or why not?

What does creativity mean to me?

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What is my favorite way to be creative?

In what ways am I creative in my life?

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How do I best express myself? (It may not be thru spoken word... often it can be thru others forms of creativity like writing, dancing, playing an instrument, painting, poetry.)

Who and/or what inspires me and why?

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Try this exercise to tap into your natural creative abilities: Intuitive creativity:

Think of a word, for example: love, apple, forest, bird, pistachio, anything! (Sometimes it's fun to pick the first thing you see and let that be your word for the exercise.)Then set a timer for however long you like but usually at least 5 minutes works well to get the creativity flowing. Allow yourself to intuitively create based on what the word inspires of you in the moment. This is an intuitive exercise, meaning you allow whatever is happening within you in that moment to inspire your creativity. You may want to take a few deep breaths in and out or put on some music and then go for it. The key is not to overthink this, just let yourself be in the moment with whatever arises within you.

For example, if you choose the word bird, think of the word bird and allow yourself to intuitively:

move your body through dance like a bird
write whatever comes to mind about birds
strum a guitar with what a bird sounds like
sketch a drawing of a bird
sing a song about a bird

The point is not to produce anything out of this other than the pure joy of creating something through your unique form of self-expression.

Do this anytime you're in need of some creative expression but pick a new word each time and see what comes up!