

WELCOME TO OUR APRIL NEWSLETTER

Why “I am creative” should be your new mantra!

When I share that I am a visual artist, the most common response I hear is “I am not creative at all.” Since many difficult work and life challenges are solved with creativity, the words “**I AM CREATIVE**” should be your new mantra. Creativity **can** be cultivated. It has much more to do with taking risks, being willing to explore new ideas, and allowing space for your intuition to flow as you problem solve, than it does with being able to draw, paint or sculpt. The biggest deterrent to creativity is fear of failure.

If “we have always done it this way” gives you comfort, it may be time to step into a space where you are **out of your comfort zone** to ultimately cultivate your creativity. Here are a few suggestions:

- **Experiment.** I like to experiment while cooking. It’s an easy way to try something new.
- **Take a class.** Is there something you have always wanted to do but held back? Yoga? Qi-gong? Italian? Kickboxing? Dance? Woodworking? Plein Air Painting? Do it!
- **Connect with nature.** When you feel bogged down in your thinking, get out in nature. Hug a tree, take a walk, or listen to the birds. As you focus on your senses you will create space for new ideas and you will be reenergized.
- **Play.** Hang out with little kids and join in! They are the play experts and can teach us so much about cultivating creativity. You will smile often which is always good.
- **Daydream.** It is NOT wasting time. You are making space for new ideas.
- **Give yourself permission** to follow all ideas that come to mind without censoring them when problem solving even the “wild and crazy ones.” Be brave and share!

Want a simple, fun activity to boost your creativity that feels like play?

MAKE A COLLAGE BOARD

[CLICK HERE](#) for a **step-by-step guide** to creating collage and vision boards.

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And remember to say:
“**I am creative**” every day!