



# Tap Into Your Inner Creativity

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Everyone has the ability to be creative - including you! Once you learn how to unleash your inner creativity, you'll be able to tap into it, no matter what else is going on in your life. You might even be amazed at what you're really capable of!

***Discovering your inner creativity begins with looking inside yourself.*** The idea of "looking within" might seem foreign or even silly, but it's really not as crazy as it sounds! There are many successful people who understand the benefit of turning inward for inspiration, happiness, and decision-making.

You may not always profit from your creativity. In fact, more often than not, your ingenuity will only benefit you and your family, and that's okay! ***Your creativity can still bring you great joy and happiness!***

Some people write, draw, compose music, build sculptures, or paint. There are plenty of creative pursuits for you to explore and enjoy. Even redecorating your house, revitalizing your wardrobe, or experimenting in the kitchen can be a creative outlet for you. After all, *someone* has to try new things, or the world would never change. So let that person be you!

## Tips to Focus on Your Inner Creativity

If you haven't given much thought to your inner creativity, getting started can be the hardest part.

### Here are some things to think about:

- What do you do for a living?
- What are your hobbies?
- What would you do if you could do anything?
- Who would you be if you weren't worried about the judgment of others?

Ask yourself these questions - especially the last two - openly and honestly, and discover your answers. You just might be astonished about what you find out about yourself. Perhaps it's time to take that hobby and turn it into a living. Maybe it's time to shake off the idea of living for others and begin to live for yourself.

Today is a new day to be creative, and a new day to touch the hearts and minds of others with what you have to offer the world. Are you worthy or capable? *Of course you are!* Let your inner creativity come pouring out.

***Once you've started to discover your creativity, practice and experiment with it:***

- Make it a point to be creative every day.
- Try new ways to do things, even routine chores.
- Seek creative solutions to your challenges at work and home.
- Any time you do something differently or see something from a new perspective, you're flexing your creativity.

Continue your exploration by branching out into entirely new hobbies and activities that help you in your pursuit of original creativity. Try expressing yourself in music, dance, writing, painting, or even crafts or woodworking.

### **Avoiding Discouragement**

There are people who simply don't like change. You might even know some of them. As your inner creativity comes out, these people may not support you. That's okay, because it's not their life to live. It's not their race to run. ***Focus on what you feel in your heart and surround yourself with those who do support you.***

Getting support from others can make a huge difference, but either way, you must be your own #1 fan! The best support comes from within, not from what others think is right or wrong for your life.

***Using your creativity will inspire you to do even more with your life.*** You can't possibly imagine where your creativity can take you if you just let it out and enjoy it. It doesn't have to be perfect - and you don't have to be perfect - to bring great joy to yourself and to the world around you.