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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #1 - March 2017 - A Festivity of Creativity

Hey beautiful! Here are a few thought starters to get you set up for this month's module of fun and learning! No right or wrong answers - no need to edit or wrestle with it - whatever first comes up is usually the perfect answer.

Do you think of yourself as a creative person?

Yes Kinda Nope

When are you at your most creative?

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What are 3 problems you have been wrestling with for a while?

1.

2.

3.

When was the last time you just “knew” something/a decision was right/wrong and you were right?

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When was the last time you took a risk?

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When do you lose yourself and lose track of time? What are you doing? Top 3 things that get you “in flow”?

- 1.
- 2.
- 3.

When was the last time you created something with your hands?

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What was the last new skill you learned?

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How many hours a week do you “play”?

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What was the last creative thing you did?

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How do you express your creativity?

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What did you LOVE to do as a child?

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Nice work! That’s a great start on self-awareness of patterns round creativity and intuition - go watch the tutorial and hop in the Facebook group and let’s get this creativity party started!

