

Sometimes we not only need to find a way, but sometimes we need to CREATE a way too.

Creativity isn't just artistic expression - it's your brain's way of making solutions happen.

And sometimes, it's an effective stress buster, happiness maker, and mindful mentor as well as having a result at the end.

I've seen it personally with friends and family. "Aha!" moments happen when we are engaged in something we love, or learning something new. We connect the dots and find metaphors and happy synchronicity.

WHY?

1. We are present. Remember Bruce Lipton's quote about us living 95% of our lives on autopilot? Crotchetwork requires you to count...cooking requires you to measure out your "thyme"...being creative requires focus and attention.

2. We connect - both with our creative side and with others. I see this all the time in the Hot Melt Sprint Group.

3. Playfulness reappears. As we get older, we start to think of ourselves as less fun. This simply isn't the case!

4. We find new opportunities. (Look at Patsy's cross-stitch business, for example!)

5. Depression is alleviated. Creativity helps to bring you out of yourself and out of your inner turmoil, even if it's just for a little while.

6. We give ourselves permission to do something new - to create and invent. We stop judging and start loving ourselves. We don't just master things overnight...it takes time and practice.

7. The challenges and the newness spark JOY because it's new and fun. You find delight when you do something new.

8. We become stronger. Our character is developed because (if we decide to finish) we follow through and prove to ourselves that YES WE CAN!

9. It feeds your soul - you respond with a deeper appreciation for beauty, love, and empathy. Creativity wakes you up.

10. When we love the art and love the doing, we share the love with others. We bless others with our creativity, and it brings out the best in ourselves.

This is the creative side of nudging change along in a fun way.

I challenge you to try something new!

When we practice something we love and share it with those around us, everyone is blessed.