



ingredients

for CREATIVITY

Instructions: Circle your personal top 15 from the list below.

1

imagination

curiosity

inspiration

playfulness

observation

mistakes

fear

humor

divergent thinking

uncertainty

showers

sniffing walks

discomfort

problem solving

other artists

techniques

fun

books

art

nature

sharing

patience

space

time

variety

conversations

collaboration

resilience

setbacks

travel

art supplies

trust

balance

rest

work

butt in chair

silliness

play

freedom

seeing

connection

Don't forget "hydration" + "sleep!"

