



5 Day Creativity Challenge:

5 easy ways to boost your creativity

Day 1

Write a letter to your past self from 5 years ago. Knowing what you know now, what would you write to 2013 you?

Day 2

Try a new recipe.

Day 3

Turn on some music and move your body. Dance!

Day 4

Make a mini vision board. Grab some magazines. Turn on some music. Take 5 min to cut out images you are drawn to. Take another 5 to glue everything down. Where did your creativity take you?

Day 5

Schedule yourself for a creative class outside your comfort zone. Maybe painting, dance, creative writing, pottery, flower arranging? Invite a friend.

These activities are simple, but can be profound, especially if you journal your reflections after completing each activity. How did each activity make you feel? What was easy or hard about each day?

Love + Light,
Katie