



Day 4

Importance of Creativity

Getting Started with Creativity

Creativity is also being able to create alternatives and adapt to inevitable change. This skill can be helpful in work situations, relationships, or even areas for self-growth you might feel stuck in.

Two important thoughts about creativity:

1. When we practice self-awareness we are reviewing our internal experience with our outer experience.
2. When we are practicing self-regulation, we are more able to stay out of fight, flight, and freeze responses (note the limited and automatic options).

Creativity requires both of these skills. Additionally, constant input limits our brain's ability to create alternatives from the inside out. The idea that multitasking allows us to get more done may be alluring but often limits our ability to solve crucial problems. Mindfulness and breaks throughout the day are essential to fully take in our experience and ultimately be less reactive.

3-Pronged Development

Through these skills we can set up the environment for increased creativity and mental flexibility. We need to create this from 3 different angles:

1. Limit what steals it. Reduce the input and multitasking in your life.
2. Increase what encourages it. Spend time with people and activities that make you feel most like yourself.
3. Do novel things. Engaging in new, and sometimes exciting activities, allows our brain to be more flexible and creative in other areas.

Today's Challenge:

The Myth of Multitasking

Make a list of 3-5 moments throughout the day that you are engaged in more than 1 task at a time. Examples might be cooking or eating while watching TV, working while having a conversation with someone, and a serious culprit, texting and driving.

1. _____
2. _____
3. _____
4. _____
5. _____

Pick one of these moments to separate two of these tasks that you believe will have the biggest impact. Make a SMART plan on how to accomplish this.

TIP: It's helpful to increase your self-awareness and self-regulation skills during these moments. It's often due to feelings of uncomfortably that we must fill these times.

S _____

M _____

A _____

R _____

T _____

Deeper Dive

"Thinking, Fast and Slow." Daniel Kahneman.

“ Creativity is intelligence having fun. ”

Albert Einstein

