**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?**



**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?**



**When was the last time you took a risk?**



**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?**



**What was the last new skill you learned?**



**How many hours a week do you “play”?**



**What was the last creative thing you did?**



**How do you express your creativity?**



**What did you LOVE to do as a child?**



*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!*

