



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ A Festivity of Creativity ~ Worksheet - March 2017

Hey beautiful! Here are a few thought starters to get you set up for this month 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!*

Louise