

I am artistic

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My life is my masterpiece.

I unlock my imagination. I allow myself to daydream. I take a break from technology and shake up my usual routines. I generate ideas and build connections. I find inspiration through visiting museums or spending time outdoors.

I try new things. **I am open to new experiences and opportunities.**

I work on my hobbies. I draw and paint. I take photographs of famous buildings and plates of food. I make birdhouses or collect wind-up toys. I play musical instruments or dance along with online videos.

I redecorate my home and office. I personalize my space. I add color and texture. I create a comfortable and friendly environment for others and myself.

I have fun in the kitchen. **I experiment** with variations of familiar recipes. I introduce exotic ingredients that I find in specialty shops or ethnic groceries. I learn new cooking techniques, like double boiling and

deglazing.

I start a journal. I write down my ideas. I doodle and tell stories. I capture my eureka moments.

I keep practicing. If I find a creative medium I want to master, **I add to my knowledge and skills.** I take classes or join a club. I use strategic exercises to develop my strengths and enhance my performance.

I enjoy the process. I remember that it is okay for me to sing off key as long as I am having fun.

Today, I ignite my creativity. I appreciate my uniqueness and beautify my world.

Self-Reflection Questions:

1. How can I put myself into a creative frame of mind?
2. What do I love about my favorite artist?
3. What role does spirituality play in my creativity?