

Nurture Your Creative Capacity

Surround yourself with soothing settings.
Let the arts nourish and relax you.
Warm ideas in your mental incubator.
Foster an attitude of curiosity.
Seek supportive souls.

Identify and expand your interests.
Develop and apply your abilities.
Discover and address your needs.
Remove real and perceived barriers.
Flex your risk-taking muscle.

Enjoy frequent doses of humor.
Get the goods: judge favorably first.
Avoid, minimize or negate negatives.
Gain knowledge on wide-ranging topics.
Learn and work with a diversity of people.

Devour creativity - inventions, discoveries, mysteries.
Set aside time to think, ponder and dream.
Explore originals - and their origins.
Reserve chunks of time to create.
Prevent interruptions of your imagination.

Practice perseverance.
Give yourself incentives.
Be a mentor, have a mentor.
Initiate action for positive impact.

Turn on your receptors.
Tune in to your intuition.
Share ideas with idea lovers.
Relish the results of your mind.
Create, attend creativity celebrations.

Anticipate, design and welcome the future.
Observe the world with fresh eyes full of wonder.
Your mind matters. You matter.
You and your creativity matter greatly.

- - Marilyn Schoeman