

7 Day Creative Challenge



A little challenge can be good to get you started.

I took a 5-day creative challenge a few years ago and had a whole lot of fun in 5 minutes a day. So now it's your turn. And yes, this is for 7-days because I know you have at least 2 more days in you.

$7 \times 7 = 49$ minutes of your week spent in creativity.

How hard could it be?

Making it a challenge gives you added accountability.

Here's what to do:

1. Pick a creative activity that you love or that you'd like to try.
If you spend a lot of time creating in one particular way or through one medium, try something different – mix it up. Anything goes!
2. Tell a friend or family member about your challenge and see if they'll get involved too. It could be a whole lot of fun if you get the whole family or a group at work involved. If you'd rather work alone, just tell your friend you'd like to show them your stuff at the end of each of the 7 days, and ask them to remind you of your promise.
3. Spend at least 7 minutes every day on your creative efforts for the next 7 days.
4. Journal about your creative time each day. How can you put your unique mark on all aspects of your life with this creative flavour?

For some ideas on creative sparks – try this quirky list from greatest.com

NOW GO HAVE SOME FUN AND CREATE...



“Creativity is intelligence having fun.”

~ Albert Einstein ~