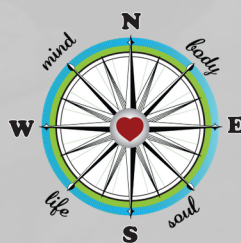




10 Ways To Live a Creative Life

ART SUPPLIES NOT NECESSARY

(but encouraged)



**Self Esteem
Through Art**

SPEND TIME IN NATURE

In our highly digitized worlds, we forget how powerfully restorative and cathartic the natural world can be.

- *Go for a walk without your phone. Listen to the breeze, the birds, or even the sound of cars rushing by.*
- *Take time to gather some stones and create a stacked-stone cairn. Leave it where someone else will find it.*
- *How long has it been since you sat in the grass and looked up at the clouds? Slow your breathing down and see how many shapes you can spot.*
- *BONUS POINTS: Take your sketchpad and some pencils.*

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VISIT SOMEPLACE YOU'VE NEVER BEEN

Travel is a phenomenal way to broaden your horizons, improve social and communication skills, and make lifelong memories.

- *While traveling, try food that you have never tasted before.*
- *Take the road less traveled and boost your tolerance for uncertainty.*
- *If you always head to the mountains, try a desert or the ocean.*
- **BONUS POINTS:** *Spend time getting to know the locals and familiarize yourself with other cultures.*

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BE OPEN TO SOMEONE ELSE'S PERSPECTIVE

We tend to live our lives in an echo chamber these days. Whether it is political, socio-economic, or religious—we gravitate towards people who are just like us.

- *When someone says something you don't agree with, don't respond—listen with intent to hear.*
- *People are a by-product of their experiences. Ponder that before stepping into judgment.*
- *BONUS POINTS: Research someone else's viewpoint and learn more about it.*

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MIX UP YOUR ROUTINE

Predicability can be comforting, but it can also get stale and boring. Dedicate a week or more to mixing it all up and take note of how invigorated you feel.

- *Do you faithfully watch the evening news? Crack a book or go for a walk instead.*
- *Have a favorite jogging route? Lace up the sneakers and go in the opposite direction. Or hop on your bike instead.*
- *Night owl? go to bed early one night so you can get up and watch the sunrise.*
- *BONUS POINTS: Write about how awesome this experience was in your journal.*

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CHANGE UP YOUR WARDROBE

We all have those go-to pieces that we feel comfortable in. We all have a predictable style we have honed over time.

- *Spend most of your days in athletic wear? Put on a dress a few days a week.*
- *Is most of your wardrobe from the same store? Shop someplace new.*
- *Try a different color scheme or add unexpected pops of color to your outfit in the form of funky socks or a scarf.*
- **BONUS POINTS:** *Post a selfie of your rocking your new look!*

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TRY ROLE REVERSAL

Sometimes we take on a task, only to find out we now own it until the end of time. Where's the fun in that?

- Let someone else chauffeur the kids while you try your hand at mowing the lawn.
- Hand over the hammer and get the oven mitts and measuring cups instead.
- Let someone else handle the kids' disputes while you play interior decorator.
- BONUS POINTS: Get the kids in on the action and let them take ownership of something they have never tried.

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CHANGE UP YOUR SELF-TALK

We underestimate the power of our thoughts and our words. Sometimes, our limiting beliefs keep us stuck and unhappy.

- *Replace one negative thought a day with a more empowering one.*
- *Stop saying, "I can't." Instead, be your own biggest cheerleader and give yourself a chance to succeed.*
- *Create an affirmation that will support your growth.*
- *BONUS POINTS: Say your affirmation out loud in front of the mirror every morning and evening when you are brushing your teeth.*

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REPLACE AN UNHEALTHY HABIT WITH A HEALTHIER ONE

Be proactive instead of reactive where your health is concerned. Don't wait until you are sick or injured to make those lasting changes.

- *Whenever you are tempted to reach for a packaged snack, grab a piece of fruit instead.*
- *Substitute soda and sugary drinks for fruit infused water.*
- *For every 30 minutes of sitting, get up and do something active for 5 minutes.*
- *BONUS POINTS: Stick with it for 30 days.*

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GIVE

Sure, it's great to receive. But, those who donate their time, talents, and money have lower stress, increased self-esteem, and tend to live longer.

- *Don't throw your unwanted possessions away. There are plenty of organizations you can donate them to.*
 - *Volunteer to help those less fortunate. You can volunteer with veterans, the elderly, or in a homeless shelter.*
 - *Adopt a pet.*
- BONUS POINTS: Take your kids with you and show them the power of altruism.*

A black and white photograph of a hand holding a piece of paper. The word "give" is written on the paper in a cursive font. The background is a soft-focus image of a hand holding the paper.

give

MAKE A GAME OF IT

Living a creative life does not have to be serious or hum-drum affair. In fact, if it is, you are doing it wrong!

- *Reward yourself for every one of these tips you successfully complete. Treat yourself to something that brings you joy.*
- *Find an accountability partner. Having a supportive someone in your corner is always a win-win.*
- *Keep track. Use a journal. An app. A chart.*
- *BONUS POINTS: Share your favorite new creative living tips with a friend!*



A NOTE ON CREATIVITY

*Creativity is for EVERYONE.
And, more importantly,
it's essential. Creative
thinkers get into better
colleges. They are highly
sought after in the workplace.
They are innovators and they
disrupt the status quo.*

*I want you to start to shift
your perception of the words
"creative" and "creativity."
With any luck, you'll also start
to view art and creativity as
the powerful healing and
personal growth tools that
they are.*

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SELF ESTEEM THROUGH ART

Jenn Pipe is the Founder and Chief Creator of Self Esteem Through Art.

Jenn's art-based mindfulness programs give both women and children a safe space to work through their pain, self-doubt, and insecurities while simultaneously equipping them with the transformational tools needed to shift to a more empowered mindset.

Jenn offers both in-person and online programming. Visit jennpipe.com/self-esteem-through-art/classes-and-products/ to learn more.

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