

Uncover Your Creative Cravings

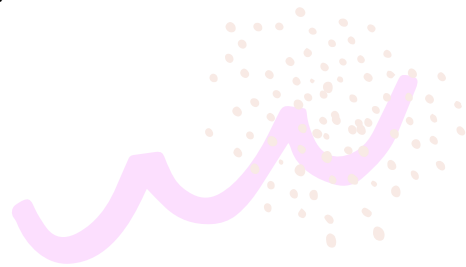
Questions to help you explore your relationship with creative cravings

When was the last time you explored a creative craving?

What did you discover in the process of pursuing that creative craving?

What would you have missed out on if you hadn't explored your creative cravings or urges?

What's your definition of a creative craving or urge? How does a creative craving show up for you?

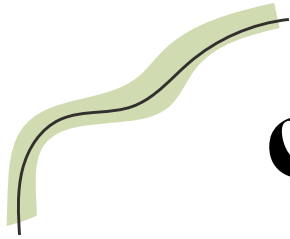


Questions to help you Identify your Creative Cravings

What do you have a desire to express or explore creatively?

What are you visually drawn to or curious to learn more about in this current season?

If you had a weekend to yourself at a cabin/cottage with no work or other commitments requiring your attention, what might you spend your time creating?



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Questions to help you Identify your Creative Cravings

Imagine you just walked into a creative studio, with wall-to-wall supplies and tools, all of which you can use. What might you pick up and start creating with? Visualize yourself there - notice what catches your attention first.

What's a creative activity you used to do that you've been wanting to return to?

What activities has your intuition/inner wisdom been nudging you towards or suggesting you try out? OR What activities have you been curious about or wanting to try?



Next Steps

Once you've put pen to paper or sat with these questions, notice which activities/ways of creating feel exciting or expansive in your body - the ones that give you a "yes-that's it" kind of feeling.

Then think about if you had an hour or half-day to explore this creative craving, how might you get started and what might you spend your time doing/creating?

Look for ways to incorporate your creative craving into your existing creative practice or design a mini project that allows you to explore and try the craving out.