

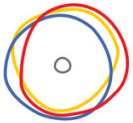
# HOW TO ACTIVATE YOUR CREATIVITY

## BE WITH NATURE!

- 1 Go for a walk outside in nature.
- 2 Schedule self-care time for practicing your creativity.
- 3 Organize an official space in your home for your creative time. This saves set up and clean up time.
- 4 Do something NEW. Go somewhere NEW. Talk to someone NEW. Try something NEW!
- 5 Practice how artists see, following your eyes around an object. [Here's how.](#)
- 6 A relaxed mind is a creative mind. Take time outs.



**KAREN MAYER**  
Founder and Artist



ARTSPA

Visit [www.artspa.com](http://www.artspa.com) for more details about new upcoming workshops and free resources.



## PRIORITIZE PLAY!

- 7 View original art in museums, gallery or buy an original, any size, for your home.
- 8 Stand guard what goes in your brain. Take a social media/news black-out for 5 days.
- 9 Download a copy of our create-a-flow tool to move your pencil to music [here.](#)
- 10 Try an [ArtSpa](#) or other creativity workshop.
- 11 Connect with like-minded people.
- 12 PRIORITIZE PLAY AND LAUGHTER.