

## Creativity Statements / Affirmations

- Creativity is when we look at life in new ways
- Creativity reflects our true essence
- Creativity brings us closer to who we really are
- Creativity – taking time sit and soak in the true beauty of our lives
- Creativity is noticing the small wonders of life and writing them down
- The path to creativity is paved with golden threads reminding us we are intuitively guided
- I am willing to create
- Take time for ‘benevolent gazing’ when creative work is complete
- Gratitude for the little things in life fills my creative well
- Laughter has the potential to unleash great surges of creativity
- I allow myself to have fun when I create
- Being playful is essential for my creativity
- I am willing to have a go and be creative
- Nature is a wonderful source for my creativity
- The slower I go, the faster I grow – take time to be inspired by the gentle miracles of nature
- Immerse yourself in the sounds and sights of nature for it is a wellspring for creativity to emerge
- The wilderness and all its sounds, sights and wonders is a connection to my creative source
- Find self-expression in creative ways
- The doors to creativity are always open to me
- When I am creative I have nothing to prove and nobody to please
- Being creative is a gift I give myself
- I will not take myself too seriously when I attempt to be creative
- Expressing myself creatively is another way of reflecting or talking with myself and others
- No-one is going to judge my creative expression. I am doing this for myself
- I can use creative media to express things that I know but cannot put into words
- When I am creative, I will ask my inner critic to take a walk
- I am creative even if I have been socialised to think I am not
- If I am effective as a health or social care professional, I am creative. I cannot be effective if I am not
- Being creative is deeply satisfying and will help me to flourish
- Being creative energises me
- I find my goodness when I am creative
- I am ‘me’ when I link with my creative self



## Tips for working with Creativity

- Right intention is important when I am working with others in a creative way
- Take time to be alone, to breath, to move, to dance, to pray so one can be inspired before working with others in creative ways
- Create a loving space for creative materials to be displayed
- The breath is a powerful friend that helps me to be present when I work with others in creative ways
- Expressing gratitude for what is created is a gift we give to others
- Ways of working are established before working in creative ways
- Storytelling is a wonderful way of engaging others in a creative way
- Integrating creativity to clinical practice can enhance cognitive thinking and innovation
- When working with others in creative ways, everyone's contribution is deeply valued
- When working with others in creative ways, it is important to remind individuals that as long as it has meaning to that person, then that is what is most important
- When working with creativity, it is not about creating the 'nicest' picture etc, it is more about making meaning
- Working in nature increases our creativity – try bringing some wild flowers, stones or leaves into your workplace and notice how it makes you and others feel
- Be spontaneous. Don't think about what you want to create, paint or draw, just put the brush or pencil on the paper, for example, and move it – something will emerge and release the flow in you.
- Using creative ways of working speeds up our thinking, understanding and getting things done
- Using images such as postcards, photographs, cards can create an instant 'reflective space' that welcomes people in
- When I work with others in creative ways, it is nourishing for my creative self to keep filling my own 'creative well' eg taking a walk in nature, journal writing, meditation, jumping in a puddle....
- Meditation practice such as 'loving kindness' infuses creative expression within groups
- Take the time for 'benevolent gazing' to occur when a group completes 'creative works'
- Treat yourself to a lovely writing journal where you can capture and store your creative reflections, it will be a great source of joy and hope to look back on later in life
- Let go of your cognitive self and release your imagination to roam where it will.

