



**CREATIVITY** - *the ability to produce original ideas, or to make something new or imaginative (inventiveness, originality, vision).*

**In crisis, it is common to see only the narrowest, darkest path forward. Creativity is imaginative, it opens us to new possibilities and helps us tap into qualities like awe and wonder.**

### QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of creativity.
- What does it mean to be creative during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied creativity?
- How can creativity guide your decision-making?
- Who or what does this priority serve and how does it help?
- Imagine yourself in a situation where you are being creative. What does that feel/sound/look like?

### INDIVIDUAL CONSIDERATIONS

Creative practices in our personal lives like art, cooking, and music help us ground ourselves in the present moment. Being in the present helps shield us from worry.

### LEADERSHIP CONSIDERATIONS

Creative practices in business incorporate input, ideas, and resources from non-traditional sources. Creative leaders hold a broad view of what is possible. They utilize creativity tools to identify novel solutions.

### EXPLORING CREATIVITY

Do art for 30 minutes. (sketch, doodle, paint a rock).

Use "creativity" as a mantra while you work out, do dishes, or in the shower.

Sing, dance, paint, build something, cook, craft.