

ORIGINATE NOW

THE CREATIVE LINK: A REFLECTION GUIDE

Companion Worksheet for the **ORIGINATE NOW** podcast, Episode 1
The Creative Link: Why Creativity Is Essential to Your Well-Being and Health



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- **CREATIVE WELL-BEING CHECK-IN**



HOW DO YOU CURRENTLY DEFINE CREATIVITY IN YOUR LIFE?

(Not just work, think more broadly: conversations, style, problem-solving, daily rituals, etc.)



HOW DO YOU FEEL WHEN YOU'RE DISCONNECTED FROM YOUR CREATIVITY?



WHAT PHYSICAL, EMOTIONAL, OR MENTAL SHIFTS DO YOU NOTICE WHEN YOU'RE ENGAGED IN CREATIVE FLOW?

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- **GETTING INTENTIONAL**

 **WHAT MATTERS TO YOU?**

 **WHAT SMALL ACTION CAN YOU TAKE TODAY TO CREATE?**

 **HOW DO YOU WANT TO FEEL AT THE END OF THE DAY?**

 **WHAT DO YOU WANT YOUR CREATIVITY TO GIVE BACK TO YOUR HEALTH?**

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- **CREATIVE MOMENTS**



VISUALIZE THE DAY: FOCUS ON COLORS AND ENERGY. HOW DO YOU FEEL AFTERWARD?



MUSIC MOMENT: ARE YOU GOING TO SING? DANCE? PLAY? AND WILL YOU CONTINUE TO IMPLEMENT THE MUSIC MOMENT INTO YOUR DAYS GOING FORWARD?

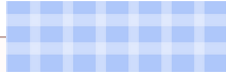


CREATIVE HOUR: WHAT CREATIVE HOBBY WILL YOU DO? ONE YOU HAVEN'T DONE IN A WHILE, OR A NEW ONE? HOW DO YOU FEEL AFTERWARD?

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• RESEARCH LINKS AND FACTS




- **A Study on Creativity & Well-Being:** Being Creative Makes You Happier: The Positive Effect of Creativity on Subjective Well-Being
- **Dr. Valorie Salimpoor on the Brain and New Music:** Research shows music increases dopamine and feelings of connection.
- **Journal of Positive Psychology Study on Creative Hobbies:** Studies show creative hobbies boost positive moods and support mental health.

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We run on coffee & kind words! If you like the show, it would mean the world to us if you leave a review and/or a five-star rating. :) Not only does this help others find the show, it helps us keep the show going!

WE APPRECIATE YOU! SEE YOU NEXT WEEK!

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