

JOURNEY TO WELL-BEING
Creativity & Play



innernow

JOURNEY TO WELL-BEING:

Creativity & Play

Make time for play and creativity by recognizing what makes you come alive. Find inspiration in daily life.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the Journey to Well-being: Creativity & Play program by IN-Q in the InnerNow App.

Inviting in elements of creativity and playfulness into our lives can support our overall well-being and bring more joy into our lives. Often, we become rigid in our day-to-day lives and believe we must earn the right to have pleasure when, in fact, pleasure and joy are our birthright. By inviting in more curiosity and adopting the lens of childlike wonderment we begin to see the joy, the magic, and the beauty that exists all around us.

Remember, well-being is a journey, not a destination. There is no “quick fix” or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Let Your Curious Mind Roam Free

Now that you've started to reconnect with your curious and creative spirit, let's make space to allow your mind to explore. Our minds are so confided throughout the day with specific needs, tasks, and duties that they don't have much time to freely roam. There is a constant stream of thoughts, feelings, images, and emotions at the forefront of our minds. The highly demanding nature of this stream of thoughts can be distracting and pull us away from our creative wisdom. As we move into a deeper understanding of our well-being, we begin to connect with what lies beneath the surface and find connection to inner peace and our creative spirits.

EXERCISE | Free Writing

What you'll need:

- *The InnerNow App*
- *A timer of some kind (kitchen timer, phone timer, a watch)*
- *A pen or pencil*
- *Paper to write on (print this out and use the lines below if you'd like!)*

Step 1

Listen to the session: Happiness is a Range from IN-Q's program Journey to Well-being: Creativity & Play inside the InnerNow App.

Step 2

Once the program ends start a timer for 5 minutes.

Step 3

Begin to free write, reflecting on anything that came up as you listened.

**If you prefer working with a guiding prompt, consider: What does happiness mean to you?*

EXERCISE | Free Writing (Continued)

As you engage in this practice allow your mind to roam free, release the need to form complete sentences, spell everything correctly, or even write words (you might choose to draw pictures instead!). Most importantly, don't let your pen stop moving. Follow the flow and use the stream of consciousness to fill the pages.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Journal Prompts to Spark Curiosity

A lot of decisions are made for us throughout the course of our lives without us even being aware of it. We're given messages in subtle ways that tell us everything we should be doing from what we wear, to what we eat, even to the job fields that we explore. We aren't often given the space to be curious, especially as adults. Curiosity is the fuel for creativity, and it can show up in many ways. Inquiring about why you choose to do things the way you do can give you the freedom to explore new ways of showing up and creating your reality. Consider the following prompts as you reflect on how curiosity shows up for you.

EXERCISE | Journaling Prompts

1. What are ten words that you use to describe yourself?

**Bonus: What are ten words your friends would use?*

Use this prompt to connect with yourself, to learn how you see yourself, and align with your truth. Do you see these qualities reflected in the way you live your life every day? Perhaps reflect on how these qualities or words show up for you.

EXERCISE | Journal Prompts (Continued)

2. What is your favorite outfit to wear? Why? How do you feel when you put on this outfit?

Use this prompt to reflect on the feelings of empowerment that can come from exploring how you express yourself in the world. How do the clothes you wear help to reflect your truest self to those around you?

3. When you were a kid, what was a dream that you had for your life? It could be related to a dream job or anything else. What happened to that dream?

Use this prompt to reflect on the creativity and willingness to explore you had as a child. Thinking back to this version of you where all possibilities were available to you, before the world told you what was 'realistic' or not.

4. What is something you want to learn more about? How deep into your learning do you want to go?

Use this prompt to reflect on where your curiosity lies in this moment and how you will continue to nurture your curiosity.

EXERCISE | Journal Prompts (Continued)

5. What would you do with your free time if your work schedule got cut in half?

Use this prompt to reflect on how you would allow yourself to create your life if most of your time was not filled by demands and tasks that are determined by external sources.

6. What is something you can do in the next 24 hours to change your routine and allow yourself to get more creative?

Use this prompt to consider how you can get out of the rut that autopilot can leave you in and find small ways to bring creativity into your daily life.

7. Describe a time when you discovered beauty where you didn't expect it.

Use this prompt to reflect on the beauty that exists all around you, even in unexpected places.

Affirmation to Invoke Creativity

After taking time to reflect and consider the ways curiosity shows up for you, let's make space to create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation be something you can return to anytime you need it.

What affirmations will help you remain connected to your creative spirit?

My affirmation for embracing creativity and play is...

Need Inspiration?

Try these affirmations:

- *I pursue creativity without fear.*
- *My creativity serves my highest purpose.*
- *I allow myself to arrive with curiosity in all that I do.*
- *I use my creativity to discover solutions to any problems that I face.*

Bonus tip: Write one or two affirmations on a sticky note and place it on your mirror, desk, or somewhere you will see often to be reminded of your intention throughout the day.

Embracing What is New

Inviting creativity and play into every aspect of our lives can help us to find more harmony, balance, and ease in every aspect. When we operate within schedules or confined by timelines and expectations, we face limitations because everything is already predetermined for us. To uplift our own creativity and playful spirits we must make time for unrestricted exploration so that we can embrace everything as if it were brand new.

EXERCISE | Cultivating the Mind of a Beginner

As children we arrive at every situation as if it were new because usually, it is. Take time to think about how often you repeat similar tasks, revisit the same environments, and fall into your same habits and routines. When was the last time you had an experience that felt brand new? Even if you can't do something completely new everyday, consider where there is an opportunity to view something familiar with brand new eyes.

The invitation is to try four new things over the course of the next few weeks.

Maybe a dance class, an art class, trying a new food or traveling to a new location. As you have this brand new experience, try to release any stories or expectations for how you think things will be and allow yourself to arrive with curiosity.

Once you come back from this new experience, reflect on how it felt to lean into the unknown and try something new.

The four new experiences I will try are:

1. _____
 2. _____
 3. _____
 4. _____
-

EXERCISE | Cultivating the Mind of a Beginner (Cont.)

What did it feel like to try something completely new?

How did you practice arriving with curiosity?



Daily Practices

As you navigate your practice, try inviting in these exercises to support you in your daily life:

1. Schedule a Block of Free Creative Time: Often our creativity is confined to

specific projects, when we put pressure on needing to produce something specific it can stop the flow of creative ideas. Try setting aside a few hours every week to explore your creativity and express yourself without any parameters. Let yourself be unattached to any project or focused attention and make space for all things creative to be expressed. You might try something brand new and step outside of your creativity comfort zone. Try doodling in a notebook, singing in the mirror, putting on music and dancing, writing a story or a poem, even playing dress up! Giving yourself the free space to create without any restrictions or outcomes can be the spark you need to bring inspiration back into every aspect of your life.

- 2. 30 Circles Creativity Exercise:** This exercise was created by Bob McKim of the Stanford design program and is designed to help you release the overthinking mind so your creativity can be expressed. Start by drawing 30 blank circles on a piece of paper, or print [this template](#). Set a timer for 3 minutes. Once the timer starts, try to fill up as many circles as possible and see how far you can get! When you focus on quantity over quality in this way there is no time to think that any idea is bad, there is only time to create. This is where your creative spirit can be free. After the 3 minutes is up, reflect on your experience. How many circles did you fill up? Are there any patterns, similar ideas or themes that you notice? Was this exercise challenging or easeful?



3. Seek Out a Different Perspective: When you find yourself stuck in a rut, try shifting your perspective; literally, try to look at things from a new vantage point. Try visualizing yourself as a close friend, from this person's perspective, look at the problem you're facing and ask yourself "how would my dear friend create a solution for this?" Maybe a new and different answer will suddenly rise. To shift your perspective, you might go outside and take a walk. Perhaps look at the sky and contemplate the vast universe all around you or look at the nature you are surrounded by and feel the connection you have with it. With a fresh perspective even the most mundane tasks can be viewed as something magical.

4. Idea Generating | 10 Ideas in 10 Minutes: If you are facing a specific problem or situation that feels stagnant, try this to help find creative solutions. Write down the situation you are currently facing at the top of a piece of paper and the number 1-10 vertically down one side. Then, set a timer for 10 minutes and begin writing. Write down anything that comes to mind even if it seems impossible. Allow your mind to get as creative as it can, try to let go of practicality and rationality and simply write – the more ideas the better! Once the timer has run out look back at those ideas and see how you might implement any of these new solutions.

Community Connection

EXERCISE | Invite a Friend to Your Next Creative Adventure

Whether you go on a hike, take a vacation to a new place, go to a local pottery class, or have a game night, being in community can enhance the playfulness of your experiences. Sharing the ways that you explore creativity and curiosity can give us the chance to deepen our relationships. As we deepen our connections we allow ourselves to be supported on our journeys and to support those we care about. I will explore joyful movement with...

Reflect on your experience:

What did you notice during this experience? How has it shifted or deepened your relationship with the person or people you chose to explore with?

Bonus: *Share your experience with us on Instagram by tagging @InnerNowApp*

Congratulations!

You've completed the Journey to Well-being: Creativity & Play workbook! These tools are meant to support you whenever you need them most. Remember to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources to support your restful and alert mind. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!

Resources

Connect with IN-Q Get IN-Q's book: [Inquire Within](#)

InnerNow Articles

[Awaken Your Creative Response](#) by Deepak Chopra [5 Ways to Improve](#)

[Creativity Through Meditation](#) by Tamara Lechner [Break Out of a Rut](#)

[with These 7 Tips for Creativity](#) by Lena Schmidt [How to Inspire](#)

[Creativity in Others](#) by Nicole Leatherman