

# everyday creativity

LOOK FOR BEAUTY ON YOUR DAILY WALK AND SNAP A PHOTO. TUCK A LOVE NOTE INSIDE YOUR PARTNER OR CHILD'S BAG. TRY A NEW RECIPE. PICK UP AN HERB, FRUIT, OR VEGETABLE THAT'S NEW TO YOU AND CREATE A DISH USING IT. DRIVE A NEW ROUTE TO WORK. START YOUR DAY DIFFERENTLY THAN USUAL—INCORPORATE MOVEMENT OR MEDITATION. WEAR A NEW SHADE OF LIPSTICK. ADD A SCARF IN A VIBRANT COLOR. WANDER DURING YOUR LUNCH BREAK. PICNIC IN THE PARK. TRY A NEW TYPE OF TEA. LISTEN TO A NEW PODCAST. ADD A NEW VOCABULARY WORD TO YOUR MIX. ADD A STRIPED PAPER STRAW TO YOUR FAVORITE LIBATION. TAKE NOTES WITH A CRAYOLA MAKER. BRING AN ARTSY NOTEBOOK OR PINK LEGAL PAD TO YOUR NEXT MEETING. ADD A FEW DROPS OF LAVENDER OIL TO YOUR BATH. TOTE YOUR MORNING SMOOTHIE TO WORK IN A MASON JAR. BRING FRESH-CUT FLOWERS TO YOUR HOME OR OFFICE. BROWSE A THRIFT STORE OR BOOKSTORE. TUCK A TEA BAG INSIDE AND SEAL YOUR NEXT THANK-YOU NOTE WITH WASHI TAPE. TRY A NEW YOGA, DANCE, OR MEDITATION TEACHER. LIGHT A CANDLE. PLUG IN TWINKLE LIGHTS. LISTEN TO A NEW GENRE OF MUSIC. LOOK FOR WAYS TO ADD MORE WHOLE FOODS. CREATE A MEAL PLAN. ADD A CHUNKY NECKLACE TO YOUR ENSEMBLE. SET YOUR WRITING TOOLS ON YOUR DESK IN A VINTAGE TEA CUP. MOVE YOUR FURNITURE AROUND, ADD A BRIGHTLY-COLORED THROW, AND TOSS YOUR MAGAZINES INTO A WICKER BASKET. TRY A NEW PERFUME. DISPLAY POSTCARDS FROM ART EXHIBITS IN FRAMES. WEED YOUR GARDEN (LITERALLY AND FIGURATIVELY). WEAR A FLOWER IN YOUR HAIR.