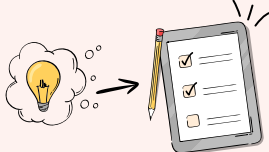











Creativity!

October 2023

Starting the day with a specific intention can help you conquer tough conversations, feel more connected to your co-workers, or simply give your morning a boost of positive energy. That's why we created monthly calendars dedicated to meaningful work. This month we're focusing on creativity at work.

What are some of the ways we can invite creativity back into our working lives, whether by making time for our creative passions outside the 9 to 5, or finding new ways to tap into our creative potential on the job?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>02</p> <p>What are your creative goals?</p> <p>Identify some small steps you can take this month toward achieving them.</p>	<p>03</p> <p>Open your calendar and block out a few hours this month for exploring new ideas.</p>	<p>04</p> <p>Does your workplace foster or inhibit innovative thinking?</p> <p>How can it be improved?</p>	<p>05</p> <p>Give yourself a novel experience today.</p> <p>Try a new food, walk a different way home, or listen to some new music.</p>	<p>06</p> <p>Plan a low-stakes creative activity for the weekend, such as a “drink and draw” evening or a crafting project.</p>	<p>07</p> 
<p>08</p> 	<p>09</p> <p>What is creativity?</p> <p>Check out this article on how scientists understand the creative mind.</p>	<p>10</p> <p>Spend 20 minutes doodling or sketching.</p> <p>How does it refresh your mind?</p>	<p>11</p> <p>Check out the Poetry Foundation's Poem of the Day.</p> <p>(You can even opt to receive it as a daily email.)</p>	<p>12</p> <p>Interested in journaling, but not sure how to approach it?</p> <p>Here are six journaling methods to try.</p>	<p>13</p> <p>Find ways to experience art “in person” during your workday.</p> <p>Visit a gallery on your break, or catch some live music after work.</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p>Rearrange your workspace to inspire new ideas.</p> <p>How does it feel?</p>	<p>17</p> <p>Listen to a TED Talk about creativity, like this one from writer Elizabeth Gilbert.</p>	<p>18</p> <p>Set aside ten minutes today to do some reading for pleasure.</p>	<p>19</p> <p>Try mind-mapping a personal goal.</p> <p>Did any unexpected paths emerge?</p>	<p>20</p> <p>Watch a movie that celebrates creativity, like <i>Dead Poets Society</i> or <i>Big Eyes</i>.</p> <p>What did you learn?</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>Before ending your day, take a few moments to plan something fun or different for tomorrow.</p> <p>Does it give you something to look forward to?</p>	<p>24</p> <p>Take a walk and capture photos of anything that sparks your imagination.</p>	<p>25</p> <p>List five “impossible” personal dreams.</p> <p>Now, think creatively to make one possible.</p>	<p>26</p> <p>Create a vision board for your most creative personal dream.</p>	<p>27</p> <p>Challenge yourself to sketch your current emotion without using any words.</p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>Commit an hour this week to a creative endeavor you've never tried before.</p> <p>How does it feel to be a beginner again?</p>		<p>“Creativity takes courage.”</p> <p>– Henri Matisse</p> 