

CONTEXT

Pick an area of your work, personal, or community life that you believe needs (more of) your creativity. Why do you believe that? This is your **area of interest**.

OPPOSING NEEDS

Can you feel your **need for fulfillment**? What does it feel like? What thoughts come to mind?

Can you feel your **need for survival**? What does it feel like? What thoughts come to mind?

ACTIVITIES

How might you go about **exploring**? How do you feel about doing that?

How might you go about **challenging**? How do you feel about doing that?

How might you go about **producing**? How do you feel about doing that?

How might you go about **appreciating**? How do you feel about doing that?

TRANSITIONS

What would it mean to **focus**? How might that feel?

What would it mean to **commit**? How might that feel?

What would it mean to **rest**? How might that feel?

What would it mean to **accept**? How might that feel?