



15 Reasons To Be Creative

1. Creativity helps us uncover our own truth. It reveals us to ourselves and ultimately, to others.
2. Leading a creative life leaves a mark that says "I was here". It creates a legacy.
3. Creativity is a form of meditation. When we are in 'flow', time disappears. In our chaotic, fast-paced society, this is rare and valuable.
4. As an antidote to our frenetic modern life, anything that reduces our stress offers health benefits.
5. What we are creatively passionate about reveals something to us about our core values.
6. Anything that nourishes our soul is a positive response to all the negativity that surrounds us these days.
7. It's our birthright. We are all born creative. How we express that creativity is unique to each person.
8. Creativity is a source of personal power. It's our voice.
9. Creative expression can be a form of protest and activism. Despots and dictators have good reason to be afraid of creative expression.
10. It's a way to teach.
11. Creativity connects us. We create tribes on the same path as us or we discover intersections where we enhance each others' journey.
12. Creative expression makes us more aware of the world around us. (When I sketch something I know it in a more intimate way than a mere glance offers.)
13. It expands our world. Think of what we owe to inventors, innovators, photographers, chefs, gardeners, etc, etc .
14. Play. The world needs less seriousness and more joy.
15. Creative living offers the satisfaction of being fully alive, using our gifts.