



## CREATIVITY

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### CREATIVITY BOOSTER BRAINSTORM (Circle your favorites)

#### Fitness Classes

Zumba, Dance, Yoga, Pilates, Kickboxing, Bar, Swim, Climbing, Weight Lifting, Yoga

#### Art Classes

Painting, Pottery, Knitting, Candle making

#### Educational

Nature tour, Historical tour, Bus tour, Museum, Wine Class, Cooking Class

Explore a new neighborhood, Go for a walk/run, Boating, Color at home, Collage, Cook, Read, Listen to Music, Go to the beach, Sky gaze, Moon gaze, Sun gaze, Spa Day,

### IDEAS FOR BOOSTING MY CREATIVITY

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