

# Creativity

 Strength of mind



# What is creativity?



Thinking of novel solutions

“You can’t use up creativity.  
The more you use, the more you have.”

— Maya Angelou

# Why does creativity matter?

- Creative people are more open to new ideas, better able to understand others' perspectives, and more likely to seek out multiple solutions to problems.
- Creativity can help you improve your mood, cope with stress, and feel more connected with other people.



# Pulse Check

## How many of these things are true for you?

- I often seek out novel experiences and ways of doing things.
- I like to think of different ways to reach my goals.
- I often make decisions that take me outside my comfort zone.
- I have a playful attitude toward learning something new.
- I enjoy connecting the dots between seemingly different perspectives and thoughts.

