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.