

how to cultivate a creative + growth mindset



DAY ONE ✦ RE-DEFINE REST

Instead of thinking you're too tired (to paint, write, blog, or make your video) use that activity to rest. Rather than doing nothing when you get home from a hard day at work, spend time working on a creative project.

Get your paint set out, start the furniture refinishing. You know what it is that tugs at you, what would give you a sense of creative satisfaction. Do it.

Assignment –

Spend an hour working on [your favorite creative activity] instead of Netflix and chill. Resist thoughts that try to tell you you're too tired and replace them with the thought that this will give you the rest and relaxation you crave.

Take a moment to write down the thoughts and feelings you experienced while you spent time resting.
