



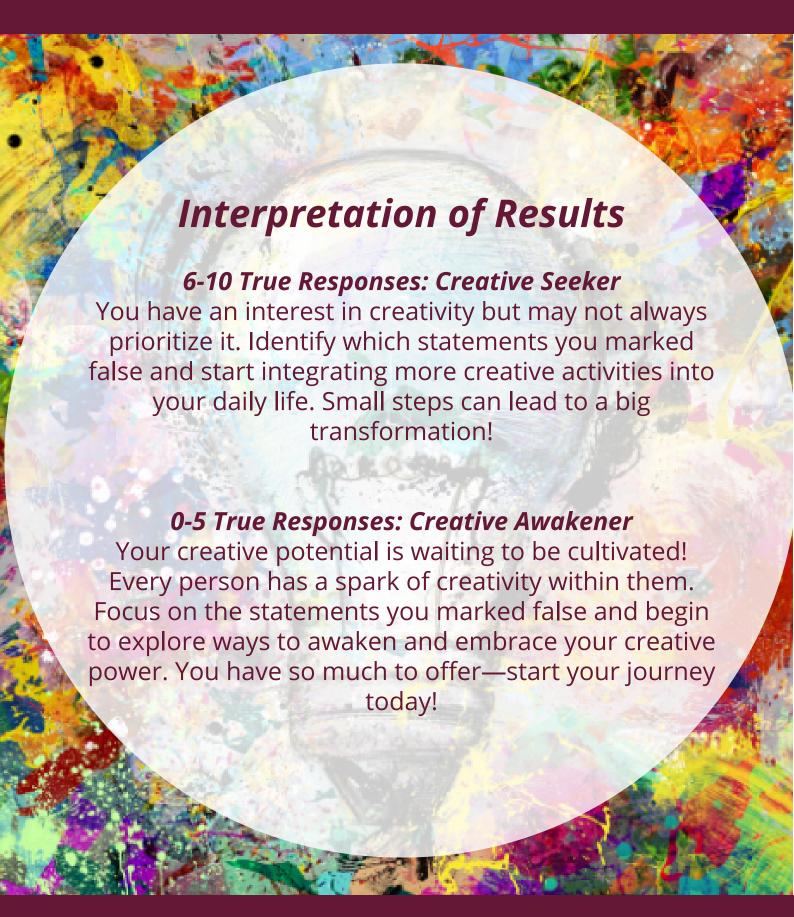
	TRUE	FALSE
l regularly engage in activities that allow me to express my creativity.		
I find joy and fulfillment in artistic or imaginative pursuits.		
I seek out new experiences that inspire creative thinking.		
I embrace challenges as opportunities to think outside the box.		
I give myself permission to explore new ideas without fear of failure.		
I make time for personal projects that bring me happiness.		
I believe in my ability to create something unique and meaningful.		
Page 1 Score		

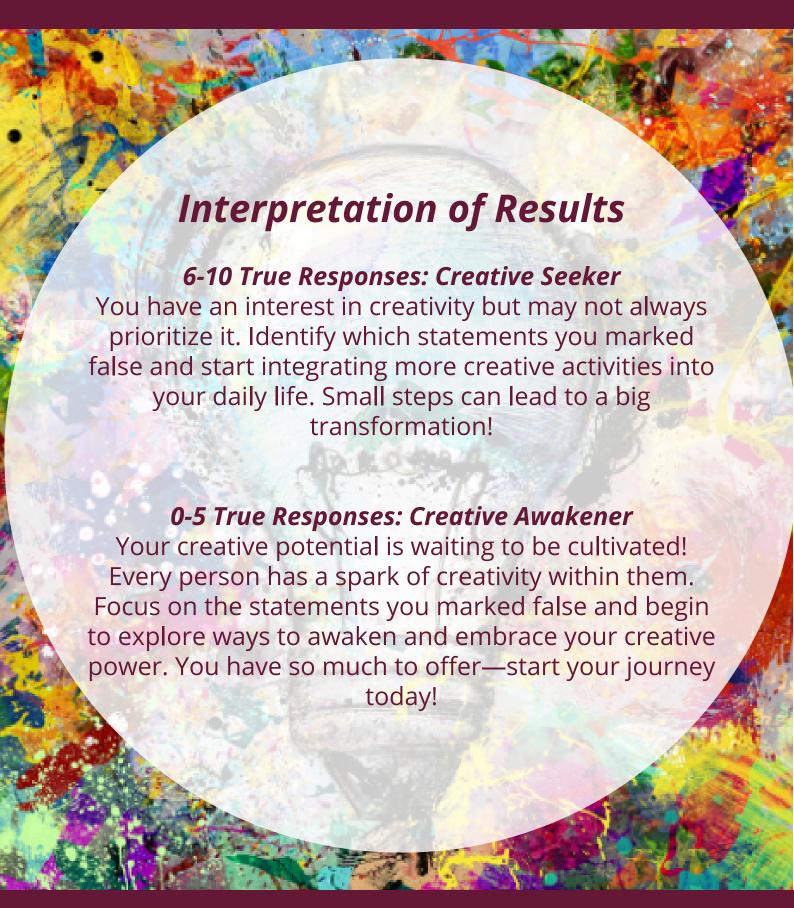
	TRUE	FALSE
l enjoy collaborating with others to bring creative ideas to life.		
I find creative solutions to everyday problems.		
l keep a journal, sketchbook, or other creative outlet to capture my ideas.		
I surround myself with people and environments that inspire my creativity.		
I am open to constructive feedback that helps me grow creatively.		
I use my creativity to bring joy and positivity into my life and others'.		
l explore different forms of creative expression, such as music, writing, art, or movement.		
Page 2 Score		

TRUF FALSE

	TRUE	FALSE
I take moments to appreciate the beauty in the world around me.		
I trust my intuition and allow it to guide my creative process.		
I feel a deep sense of purpose when engaging in creative activities.		
I am patient with myself as I cultivate my creative skills.		
I continuously seek knowledge to expand my creative potential.		
I celebrate my creative achievements, no matter how small.		
	Total So	core
Page 3 Score		









Creative Wellness Pathway & Expression Guide

Creativity manifests in many forms. Explore these different creative avenues:

Visual Arts

Drawing & Sketching
Painting (Acrylic, Watercolor, Oil)
Photography
Sculpting & Pottery
Collage & Mixed Media
Graphic Design & Illustration
Calligraphy & Hand Lettering

Writing & Storytelling Fiction & Poetry Writing

Nonfiction & Journalism
Playwriting & Screenwriting
Blogging & Content Creation
Journaling & Memoir Writing
Spoken Word & Performance Poetry

Join Journaling Journey for Journal Prompts

Music & Sound

Playing an Instrument
Singing & Vocal Expression
Songwriting & Composing
Sound Design & Production
DJing & Beatmaking

Performance & Movement Dance (Modern, Hip-Hop, Ballet, etc.)

Acting & Theater Performance Mime & Physical Theater Circus Arts & Acrobatics



Creative Wellness Pathway & Expression Guide

Craft & Design

Fashion Design & Sewing
Jewelry Making
Woodworking & Carving
Interior Decorating
Floral Arrangement

Culinary Creativity

Cooking & Recipe Creation
Baking & Cake Decorating
Food Photography & Styling
Fermentation & Experimental
Cooking

Digital & Multimedia Arts

Animation & Motion Graphics
Video Editing & Filmmaking
Virtual & Augmented Reality Art
Game Design

Everyday Creativity

DIY Home Projects
Gardening & Landscape Design
Creative Problem-Solving in Work
& Life
Social Media Storytelling
Upcycling & Sustainable Crafts

Healing & Expressive Arts

Art Therapy

Music Therapy

Expressive Movement Therapy

Sand Tray & Symbolic Play

Creativity is boundless.

Find what speaks to you and nurture your creative wellness!

For More Cultivation, Visit: culltivatorgold.com