

DAILY CREATIVITY

A SLOW EXPERIMENT

Join in this month's #slowexperiment and get creative every day.

Creativity isn't just for the writers, crocheters, crafters or painters among us. It's for the car-singers, the kitchen-dancers, the worn-out parents making up a new rainy day game. The office worker, the bus driver, the accountant, the teacher - we all benefit from small acts of daily creativity and we'd love you to join us this month as we make creativity a priority.

It doesn't need to be big or beautiful or Instagrammable. This month, just try one act of creativity every day, and for every day you create, colour one of the rectangles. If you get stuck for ideas, or don't think you're a creative person, try viewing these daily acts as a creative practice (because they totally are):

- getting dressed in fun combos
- cooking a new, tasty meal
- solving a puzzle
- completing a crossword
- making a delicious coffee or juice
- finding a solution to a small problem
- taking photos of something you love
- freely mindmapping a recurring issue

The key is not the output. It's more about our mindset as we create. Pay attention to how you feel before, during and after. View your small act of creativity as an act of single-tasking or a mindfulness practice, and see if it has an impact on your ability to live a little slower and notice the beautiful details of life.

Of course if you want to write a book, play an instrument, sculpt or knit or paint or sketch every day instead - go for it. Whatever creative act works for you, just try committing to it everyday.

JOIN IN: #slowexperiment

LISTEN: The Slow Home Podcast every Thursday

CONNECT: @slowhomepod on Instagram

