

## Day 1: Create

### Quote

Living creatively is really important to maintain throughout your life. And living creatively doesn't mean only artistic creativity, although that's part of it. It means being yourself, not just complying with the wishes of other people. Matt Groening

### Bible Verse

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Eph. 2:10

### Inspiration

On being creative

<http://www.youtube.com/watch?v=3ResTHKVxf4>

What is being creative?

<http://www.youtube.com/watch?v=bvRMsl8hJYU>

Your elusive creative genius

<http://www.youtube.com/watch?v=86x-u-tz0MA>

### Gratitude Link

21 quotes

<http://www.lifeohm.com/21-best-gratitude-quotes-a-simple-practice/>

### Journaling

What does creativity mean to you?

How do you express your creativity?

What in particular are you thankful for in the creative areas of your life?

How creative do you think you are? Do you struggle with fear where your creativity is concerned? If you have dealt with this fear, how did you tackle it?

### Technique

Watercolour and salt, watercolour and clingfilm – use one of the techniques.

<http://www.youtube.com/watch?v=nLIWAUwDLBU>

### Action

Start a gratitude list. Each day this month add something to this list that you are thankful for. You could take a photo each day. Or tweet using #21daysinMay