

## **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**

What is being creative?

<http://www.youtube.com/watch?v=bvRMsI8hJYU>

### **Gratitude Link**

21 quotes

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

### **To think about or journal**

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?

### **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 and put it on Instagram or Twitter using #21daysofgratitudepractice2018