

DAYS TO A MORE CREATIVE YOU

1

DAY 1

Write your A-Z and next to each letter put something that makes you smile.

2

DAY 2

Take a piece of blank paper and a pencil and spend 10 minutes sketching a simple flower or piece of fruit. When you have finished try this again with your other hand.

3

DAY 3

Write a list of 10 people you love and a memory you have of each of them next to their name.

4

DAY 4

Spend a day taking photographs of all the things that make you smile, such as people, cups of tea, your bus, or perhaps your cat, Capture and celebrate your day. Print out your photos and pop them into a little album entitled 'My ordinary, extraordinary life.'

5

DAY 5

Make flower perfume. Seek out some fallen flowers or even buy a few and crush the heads to make a beautiful perfume just like you did as a child..

6

DAY 6

Find a book on your bookshelf that you think a friend will love. Wrap it up and post it on with a letter telling them why you think they will love it.

7

DAY 7

Find something in your wardrobe you can alter. Perhaps with a patch or new buttons or by shortening it or dyeing it? Just have a go.

8

DAY 8

Take yourself to a craft store and treat yourself to a new challenge; maybe knitting or pottery or decoupage? Make sure you have a go with it straight away!

9

DAY 9

Write a love letter to yourself. What do you adore about you?

10**DAY 10**

Go on a nature walk and collect some fallen treasures: feathers, moss, a wildflower perhaps and bring them home to display in a clear glass vase.

11**DAY 11**

Create a flower bucket and set it by your front door...float large flowers heads up in the water to make a bright and vivid display.

12**DAY 12**

Write a poem or song about a memory from your childhood that filled you with joy.

13**DAY 13**

Make salad as full of colour as you can and with 2 ingredients you have never used before.

14**DAY 14**

Have a look on YouTube for a hair tutorial and try a brand new braid / style

15**DAY 15**

Make a transient picture..out of leaves in the park, or with shells in the sand or even with a paintbrush and water on the pavement. Leave it where someone might stumble upon it.

16**DAY 16**

Write in the morning how you think your day will go then just before bed write how it actually went. Then write how the difference made you feel.

17**DAY 17**

Write on a slip of paper three colours you love and pop it in your pocket. Snap photos of these colours whenever they appear throughout your day.

18**DAY 18**

Draw your dream house and fill in all the details, do it room by room if you feel inspired.

19**DAY 19**

Play a beautiful piece of classical music and just let your pen flow over paper. Write whatever comes into your thoughts.

20**DAY 20**

Watch a film completely out of your usual genre and watch it right until the end. Keep an open mind.

21

DAY 21

Colouring isn't just for kids – get yourself some fabulous felt tips and an intricate picture and spend time just colouring in.

22

DAY 22

Find a piece of grass and spread out your blanket. Look up at the clouds, really look. What can you see? Is there a dragon or a unicorn? Or maybe there is a giant ship sailing across a sea of sky.

23

DAY 23

Buy a few bunches of colourful mixed flowers and spend time making them into a lovely bouquet. Present them to someone as an unexpected thank you.

24

DAY 24

Write a short story for a child you know or even just for yourself. Let it be full of magic and wonder and have the happiest of happy endings.

25

DAY 25

Rummage in your recycling bin and take out one item you could use in some way. Let your imagination flow.

26

DAY 26

Start a collection. What might it be: postcards, bracelets, pens, badges? Ask all your Facebook friends what they collect and if they can help you out.

27

DAY 27

Make a cake just for you, because you deserve celebrating. Make it filled with your favourite things and decorate it beautifully, you deserve this. You may even fancy a candle or two! And you must make a wish.

28

DAY 28

Get out the paints and paint from your imagination a place you have loved. It can be as abstract or realistic as you like, just paint with feelings and memories flooding through.

29

DAY 29

Go a different way to work/shops/college today and come back a different way too.

30

DAY 30

Give yourself a superhero name and let it be your own spectacular secret.