

Creative energy is the energy that you harness to see the world differently, to reframe problems so you can tackle them, to seek creative solutions and generative approaches.

(RE)FUELING YOUR CREATIVE ENERGY.

Mourning losses— together.

Making, prototyping, hands-on work as a de-stressor.

Changing lenses: Seeing life through a possibility lens.

Your creativity recipe— what needs to be true for you to create.

The daily role of beauty.

Your heart diet.

Topic buddies: Learning together the things that matter.

Creating a new space for different conversations.

Your sleep ritual.

From this era of tension, clearer passions.

Your mind diet.

Asking: How are you doing—really?

Co-sensing: What are you seeing?

In the safety of a duo...

Within yourself...

More beautiful questions.

From setback to renewal.

Sharing well-being rituals.

Inspiration and idea repositories.

Creative rituals. (e.g. "Start with poetry.")

Places that heal you, inspire you, motivate you.

Working to revise the stories we tell ourselves.

Planning joy into the day.

(RE)FUELING YOUR CREATIVE ENERGY.

In teams...

With friends, family, and your community...

Walks, physicality, change of scene.

First ritual of the day. Last ritual of the day.

Healthier cadences, taking trauma into account.

Cultivating our superpowers, playing to them more often.

Whole-human wants/desires— not just 'to do.'

Powerful role of space, pods, sense of home.

Visualizing, drawing, storyboarding the future.

Holding mutual sufferings.

Being in service to others.

The value of a preparatory question before meetings.

Focus on human flourishing of the team, not just tasks.

Expressing gratitude.

Beginnings: How we start meetings, projects, initiatives...

Time blueprints: "Never more than X days away from..."

Gatherings to instill a sense of shared purpose.

Turning rage into productive creation.

Making art and creativity central to the work.

The return of the audio meeting: Value listening!

Captured wisdoms from:

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