

Week 4

Creative writing

Creativity is the ability to see relationships where none previously existed. Penning some positive poetry or writing about your life can boost your mood and help you find solutions to problems.

Exercises:

1. My autobiography – Take some time to reflect on your life so far. Draw up a lifeline from birth to your current age and highlight the highs, the lows and the experiences that in hindsight created “pearls of wisdom”. Spend some time in a creative writing zone penning your first draft.

2. Brain writing – Firstly identify a problem or challenge. Set a timer and take 2 minutes to write down all the ideas that come to mind. Now set the timer for another 2 minutes and ask yourself “what else could I do?” or “what would a highly creative person do in this situation?” Asking these questions can be enough to take your creativity to another level!

3. Pen some positive poetry – Research tells us that writing “positive poetry” can be good for your wellbeing, helping you to experience “flow”. Take some time to write your own positive poem. Remember this is about being creative, so give yourself permission to play.

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Exercises inspired by Dr Suzy Green, Positive Psychologist and Founder of the Positivity Institute.

Note: All exercises can be enhanced by finding a space to sit where you feel relaxed and inspired. It's also helpful to take a few moments to close your eyes and reflect thoughtfully before you write. Gratitude's power comes through preventing us from taking things for granted. So it's important these exercises don't become chores. These tasks can be undertaken daily or weekly.