

A decorative header featuring a pattern of colorful confetti in shades of blue, yellow, pink, and purple scattered across a white background.

THE Unleash Your Creativity SUMMIT

WORKSHEET

Saturday, April 2, 2022, 11 am - 8:30 pm EST
www.unleashyourcreativitysummit.com



Welcome to The **Unleash your Creativity** Summit !

HOW TO ENJOY THE DAY

Challenge yourself to get out of your comfort zone and try new things! All of the sessions are designed to accommodate everyone, whether you're familiar with the topic or not. Doing things out of your comfort zone helps you grow and you'll feel like you accomplished something great! This is a safe space - your hosts and presenters will foster a place where everyone is encouraged to try things, without being judged.

Take breaks - eat, go outside for a few minutes, color on the coloring sheet at the end of this booklet.

Hydrate yourself!

Participate in the challenges - you'll find them on the next few pages. By doing these, you'll get a chance to get your name entered into draws for prizes.

Hang out with us! Your hosts, presenters and other participants will be in the lobby at all times - drop by and say hi, network and do some fun activities with us!

Have fun!

Today I learned...



Challenges

HOW MANY CODE WORDS CAN YOU FIND?

Attend these live sessions and obtain the code words that the speaker will reveal in the session. Go to our website to see the schedule and times. We will have a prize draw for an Amazon gift card for everyone who gets at least 5 code words!



POTATO CHIPS ZOOMPROV

Paw Cat Guide

Code word:



START A CREATIVITY ROUTINE. TAKE A STEP FORWARD ON YOUR JOY JOURNEY.

Jennifer Baljko

Code word:



AN IMAGINATIVE JOURNEY WITH ICELANDIC HORSES

Hilary Adams

Code word:



USING IDEA CLUSTERING TO BREAK OUT OF A CREATIVE RUT

Erin Riley

Code word:



**EMBODYING YOUR PURPOSE BY
RECONNECTING TO YOUR INTUITION AND
HEART'S TRUTH**

Sasha Lipskaia

Code word:



UNLEASH YOUR CREATIVITY!

My Creative Break

Code word:



**HOW A FRESH PERSPECTIVE BOOSTS
CREATIVITY**

Trevor Perry

Code word:



**EVEN MOZART WAS MEDIOCRE: WRITE YOUR
OWN MUSIC**

Alex Touliatos

Code word:



**I WANNA BE BAD: HOGTIE YOUR INNER
CRITIC TO MAKE THE WEIRD, THE UGLY,
AND THE MARVELOUS.**

Riley Smith

Code word:



**CREATE YOUR PERSPECTIVE: AN ARTISTIC
APPROACH**

Crystal Watson

Code word:

WATCH THESE TALKS IN THE FACEBOOK GROUP

We'll have a prize draw for an Amazon gift card for everyone who answers at least three questions correctly.

Creativity Saved My Ass - Kimberley Chan

WHAT ARE THREE WAYS CREATIVITY WILL HELP YOU BECOME A BETTER COMMUNICATOR?

How Creativity Can Impact, Improve & Empower Us - DeNaye' Dotson

WHAT ACCESSORY MAKES DENAYE FEEL EMPOWERED WITH CREATIVITY?

Creativity is Chaos - Christina Sforza

WHAT ARE TWO ACTIVITIES YOU CAN TRY OUT TO HELP YOU DISCOVER YOUR IDEAL CREATIVE OUTLET?

Writing a Memoir: How to Get Started with No Experience - Ryan & Kayla

WHAT ARE THE THREE TYPES OF EDITS INVOLVED WITH A MEMOIR?

What is Creativity and How Can We Make Time for It? My Creative Break

WHAT ARE THREE THINGS THAT CAN HELP WITH STEP 5 OF PLANNING A CREATIVE BREAK?



MEET AT LEAST TWO NEW PEOPLE

Write their names and ask them what their favorite creative activity is



FIRST NAME: _____

FAVOURITE CREATIVE ACTIVITY: _____



FIRST NAME: _____

FAVOURITE CREATIVE ACTIVITY: _____

BONUS QUESTION

Get an extra entry into the prize draws if you can answer this question!

**WHERE DID YOUR HOST LINDA GO ON
HER CREATIVE SABBATICAL?**

*Email your answers to escape@mycreativebreak.com by 8:00 pm EST!
The draw will take place in the Facebook group the next day.*



UNLEASH

YOUR CREATIVE

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