

Day 7: Connecting to Your Whole Self

When was the last time you drew, sang out loud or did anything that involved art? Children are encouraged to color, explore, and create. These activities foster imagination, innovation, and risk-taking. Unfortunately, this important way of being can get lost along the way to adulthood. A part of self-care is reconnecting to your whole self to unleash your full potential.

However untapped it may be, each of us has an artistic/right-brain side. (Yes, even you.) By tapping into that side of you, you can unleash the creativity and innovation our movement needs to create bold social change.



Today's Challenge

Do one thing that taps into your creative self. Try drawing a picture, singing or dancing to your favorite song, playing an instrument or writing a poem!