

Creative Health Assessment

I know that as a human being, I am naturally creative.

When I open my eyes in the morning, I feel excited about the possibilities the day will bring.

I have a creative project or goal that I am currently working on daily.

In my home and surroundings, I frequently find beauty in my line of sight.

I know at least one person who understands and values my creativity.

In the way I earn a living, I am provided with ample opportunity to express myself.

I believe my creative life is helpful to others.

I don't worry about difficult situations or stress about the future because I trust that my creativity will provide solutions when I need them.

My mind frequently, spontaneously, and intuitively provides me with new ideas and insights.

My life is guided by a sense of awe and wonder.

My creativity is useful and applicable in all areas of my life.