

# 50 Refueling Creative Habits



\*Click on the  next to each habit to read related blog post\*

1. Carve out uninterrupted time and space weekly to invest in your God-Given creativity. 
2. When you are feeling stressed, remember the three R's - Regroup, Refuel, and Reenergize. 
3. Allow trial and error and give yourself grace when pursuing any creative endeavor. 
4. If you have a huge to do list, pick the 3 most impactful weekly goals and focus on them first instead of trying to accomplish all the smaller to do's at the same time. 
5. 20 minutes of meditation can go a long way when you need refueling. 
6. Cultivate patience and balance whenever possible. Both are key to success in work, love, and relationships. 
7. "Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your *habits*. Keep your *habits* positive because your *habits* become your values. Keep your values positive because your values become your destiny." ~ Ghandi 
8. It is important to focus on a big picture perspective and avoid being distracted by all the minor details when developing a creative vision. 
9. Take care of your heart, for it is the wellspring of life. 
10. Next time life presents you with an opportunity to try something new or develop your creative gifts, DIVE IN! 
11. Pray continually. 
12. Seek spiritual renewal regularly. 
13. Escape the constant "rush" of modern day living regularly. 
14. Develop a creative habit that combines your skills and creative gifts. 
15. Find humor in humility. 
16. Combine an enjoyable activity with a non-enjoyable activity (Example: I dance while doing the dishes!) 
17. Take a leap of faith. 
18. Remember, no matter what your circumstances, no one can rob you of your joy. 
19. Define your purpose, mission, and values and make sure your future decisions are in alignment with all three. 
20. Look fear in the eyes, acknowledge its presence, and move forward in faith. 

21. Protect your physical, emotional, and creative space. 💡
22. Savor the moment. 💡
23. Allow yourself to rest while you wait. 💡
24. Stretch your creative muscles to see new perspectives regularly. 💡
25. Learn how to focus amidst clutter and embrace the art of losing control. 💡
26. Don't let age stop you from pursuing new things. 💡
27. Pause to enjoy the moment and allow yourself to release your plans every once in a while. 💡
28. Make an effort to see life through your child's eyes from time to time. 💡
29. View daily struggles as opportunities to create innovative solutions. 💡
30. Dare to live and dream more fully. 💡
31. Learn what to let go of and what to hold on to when pursuing any creative quest. 💡
32. Cultivate a willing spirit. 💡
33. Always carry some yellow Play-Doh in your purse. 💡
34. Collaborate with your spouse in creative problem solving. 💡
35. Persevere under pressure - Inspired by Olympian Swimmer, Dana Vollmer. 💡
36. Know your value and do not settle - Inspired by Olympian Volleyball Player, Kerri Walsh 💡
37. When you are feeling frustrated, remind yourself, "Now" is always a good time to start over. 💡
38. Remind yourself we were designed to rest equally as much as we were designed to work. Regular restoration allows us to live abundantly in our creative gifts. 💡
39. Shine On. The world needs your light. 💡
40. Embrace God's limitless love and creativity daily! 💡
41. We have a daily choice to move forward in fear or faith, elect faith! 💡
42. Release judgment. Mindful simplicity and embracing the moment are both far more beneficial than wasting precious energy judging ourselves or others. 💡
43. Know that YOU ARE ENOUGH. 💡
44. Never stop playing make-believe. 💡
45. No matter your goal or mission, take the time to find a great partner to collaborate with! 💡
46. Don't let the annoying details of life hang over you. When you address things you have intentionally been avoiding, you will have more energy to pour into more enjoyable things. 💡
47. When making decisions, consider and prioritize Jesus, Others, then You for true JOY! 💡
48. OWN Your NOW. 💡
49. When applicable, embrace your time of "Zwischen" - a time of great anticipation. 💡
50. Choose one of these creative habits to focus on daily and refuel in the process!