

Activity 68 Your Creative Outlets

Directions: One way to relieve stress and get more enjoyment out of life is to discover your creative outlets. How do you find creative outlets that are right for you? Start by identifying the types of activities you find fulfilling or interesting. Look at the ideas below and place a checkmark next to the three that interest you most. Read the list of possible creative projects, and then for each category you choose, describe a creative project you might try.

- _____ **1.** Making things with your hands.
Possible creative projects: crafts, cooking, drawing
 Project you might try: _____

- _____ **2.** Reading, writing, using and listening to words.
Possible creative projects: storytelling, acting
 Project you might try: _____

- _____ **3.** Being active and energetic.
Possible creative projects: dancing, skateboarding
 Project you might try: _____

- _____ **4.** Relating to other people.
Possible creative projects: acting, singing, debating
 Project you might try: _____

- _____ **5.** Being by yourself and focusing on your own feelings.
Possible creative projects: creative writing, sewing
 Project you might try: _____

- _____ **6.** Thinking about things and analyzing them.
Possible creative projects: graphic arts, chess
 Project you might try: _____

- _____ **7.** Enjoying sights, sounds, or tastes.
Possible creative projects: photography, playing a musical instrument, cooking
 Project you might try: _____