

purposeful Living

Creativity lets you discover your purpose and find new ways to live it out



“You can’t use up creativity. The more you use, the more you have.”

— *Maya Angelou*

We continue our series on SPACE factors this month with a deep dive into creativity. SPACE factors are the 5 levers we pull to replenish our spirit, providing us with energy and willpower to get the most out of our days and years.

Few things are more powerful than human creativity. It’s a universal talent that we all possess—our superpower for finding new ideas, connections, and new ways of problem-solving and bringing them to life.

Being creative boosts brain function, improves overall health, and is essential to wellbeing. Creative engagement induces flow, a focused meditative state that reduces stress, increases happiness, and cognitive performance. It also gives us greater capacity for self-awareness and self-expression, which can lead us to discover our purpose and unique ways to live it out.

Yet, most of us have the internal refrain that “I’m not creative”. Anyone can be creative. It’s all about what you put into it. We suggest focusing on three areas:

Space: Find a place you can go to when you want to be creative.

Time: Make time away from distractions to allow your creativity to flow.

Fuel: Our minds use all our experiences, random knowledge, and surroundings as creative fuel. Be open to new experiences.

You’re more creative than you think and with a little attention and intention, you can grow your creativity. Channeling your creativity can help you find meaningful ways of managing uncertainty and new ways of being resilient.

Boost your creativity with small, daily, Purposeful actions.

Make Room for Happy Accidents

Try something you’ve never done before: make dinner without a recipe, explore a new place, research a new topic. Your brain thrives on unexpected discoveries.

Spend Time Outside

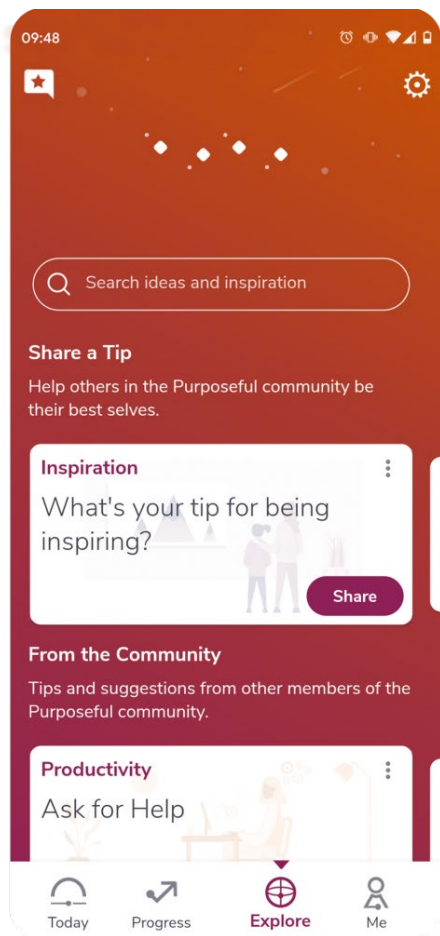
Time outside engages all your senses: sight, smell, touch, taste. Being in and observing the natural world stimulates the imagination.

30 Circles Exercise

Draw 30 circles on a piece of paper, then start a 2-minute timer and turn as many circles as you can into other things.

Channel Your Inner Child

Tap into your child-self. Imagine 7-year old you with a day off from school. What would you do with this free time? Revisit some of those activities and childhood hobbies.



Join the Conversation

Our new tip-sharing functionality launched last month. Since then, we've been blown away by the tips and ideas shared by many of you. Learn what other users are doing to live more purposefully and be their best selves – simply go to **Explore** and find the "**From the community**" category. Feeling inspired? Submit a tip of your own!

As always, keep the feedback coming (email feedback@kumanu.com) — and watch your ideas become reality in Purposeful!

Purposeful is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. Purposeful is a free resource provided to your employer!

Your team members are using Purposeful. Are you in?

Here's how to get started:

Text **UDEL** to 734-436-3939

Already have an account? Jump back in whenever you need support, guidance, or motivation to be your best.

