

REKINDLE YOUR RELATIONSHIP WITH




# CREATIVITY



A 28-DAY MOTIVATIONAL GUIDE FOR MARKETERS

## FEBRUARY 2018

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				<b>1</b> Stretch your neck, wrists, sides, and shoulders for two full minutes. Bonus points if you close your eyes!	<b>2</b> Scrap your to-do list and make a new one. Spend time making it look nice, and feel the glory when you physically cross each task off.	
	<b>5</b> Mondays are hard. Write down three things you appreciate about yourself. 	<b>6</b> Print out a coloring page and fill it in completely.	<b>7</b> Have a 15-minute brainstorm with yourself or others. 	<b>8</b> Create a mood board!	<b>9</b> Stretch your neck, wrists, sides, and shoulders for two full minutes. Bonus points if you close your eyes!	
	<b>12</b> Switch to a stand-up desk for at least an hour. 	<b>13</b> Have a 15-minute brainstorm with yourself or others.	<b>14</b> Do something in the name of self-love. <3	<b>15</b> Stretch your neck, wrists, sides, and shoulders for two full minutes. Bonus points if you close your eyes! 	<b>16</b> Commit to going somewhere new this weekend: check out the local library, read a book at the park, or visit a museum.	
	<b>19</b> Stretch your neck, wrists, sides, and shoulders for two full minutes. Bonus points if you close your eyes!	<b>20</b> Take a break from social media for a full 24 hours. 	<b>21</b> Have a 15-minute brainstorm with yourself or others.	<b>22</b> Change your perspective: go work from a coffee shop or bookstore for a few hours. 	<b>23</b> Read one of those articles you've had bookmarked for centuries.	
	<b>26</b> We all have to-do's that we end up dreading for days. Take ten minutes to break it down into quick, easy, doable steps and prepare your mind for task domination. 	<b>27</b> Stretch your neck, wrists, sides, and shoulders for two full minutes. Bonus points if you close your eyes!	<b>28</b> Find a few minutes to take a break and have a chat with co-workers.			