



Express Yourself

As children, we're often asked, "what do you want to be when you grow up?" Grand visions dance through our heads of life as an adult, of the freedom to explore our inner spark and express our inner desires in how we walk, work, or move through life.

As adults, that spark often gets buried under deadlines, financial stress, caring for children or other family members, fatigue, diminishing health, and life's general chaos.

The way we share our spark with the world, our innermost selves, and how we shape the world around us to reflect that inner spark, is our own unique self-expression.

With the holidays and the end of the year on the horizon, we challenge you to pick one small way every week to express yourself and shape the world around you. Here are some ideas to get you started.



Here's a list of expressive ideas to try.

Read a new story

Light a candle for ambiance or scent

Try a new soap

Plant herb or vegetable cuttings or fruit seeds to grow your own food or seasoning

Binge a new television show

Try a new recipe

Find a new puzzle or mobile game to play

Try a internet* Yoga or Meditation tutorial

Change your hair color or style

Download a language learning app and try to learn a new language

Teach yourself a new do-it-yourself skill using the internet*

Try a new craft

Doodle whatever comes to mind

Free write

Dance like noone's watching

Try origami and add as decor to your home

Teach your pet a trick to foster connection

Hang up new holiday lights for a festive feel

* when on the internet, consider free resources to learn new things such as YouTube, TikTok, or free educational courses. Your local library also has free educational resources.