

# Pause - Chapter five

Give your creativity a vacation.

Randomly, choose a 2 hour getaway.

- Read a short story.
- Watch a movie.
- Go to a museum or gallery.
- Visit a garden or arboretum.
- Watch a concert.
- Go to an antique store.
- Take yourself out to eat- ALONE.

Reflect on your mini-vacation.

What did you learn from this brief getaway?



Resources to accompany the process book

*Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood*

More information at [www.doyourart.org](http://www.doyourart.org)

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