

# What's Your Habit?

Habits can keep us from our creative dreams. This is not about judgement but about breaking free of habits that don't support our purpose.

## What's Your Habit?

Habits come in all shapes and sizes. But here are the top three habits that can steal your creative dreams.

**Television** This is a big one. In the evening we might be tired and stressed and so we sit in front of the TV for hours. Most of the time it's a numbing activity and we are not even really present.

**Social Media** Pinterest is amazing and I know I can spend hours looking at what other people have created. Facebook is a nifty little place I can keep tabs on all of my friends. Does this sound familiar? Social Media is amazing and it is a time eater.

**App for That** Phones, computers and tablets have all these nifty little games. You can crush candy, run with the Titans or play solitaire from dusk to dawn. It's fun and it is also addictive. It's also a time sucker.

**What other habits are keeping you from your creative dreams?**

## Just Log It

I would like to invite you to keep a Habit Journal for one week. For each day of the week write down your habits and how long you participated. This is not about judgement but ALL about creating awareness. You can always decide to crush candy for two hours or work on your creative work.

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