

# CREATIVE CALENDAR 2023

An informal roadmap for individuals, groups and organisations to expand your creative and entrepreneurial skills while laying the intricate groundwork needed for self-improvement and project actualisation.

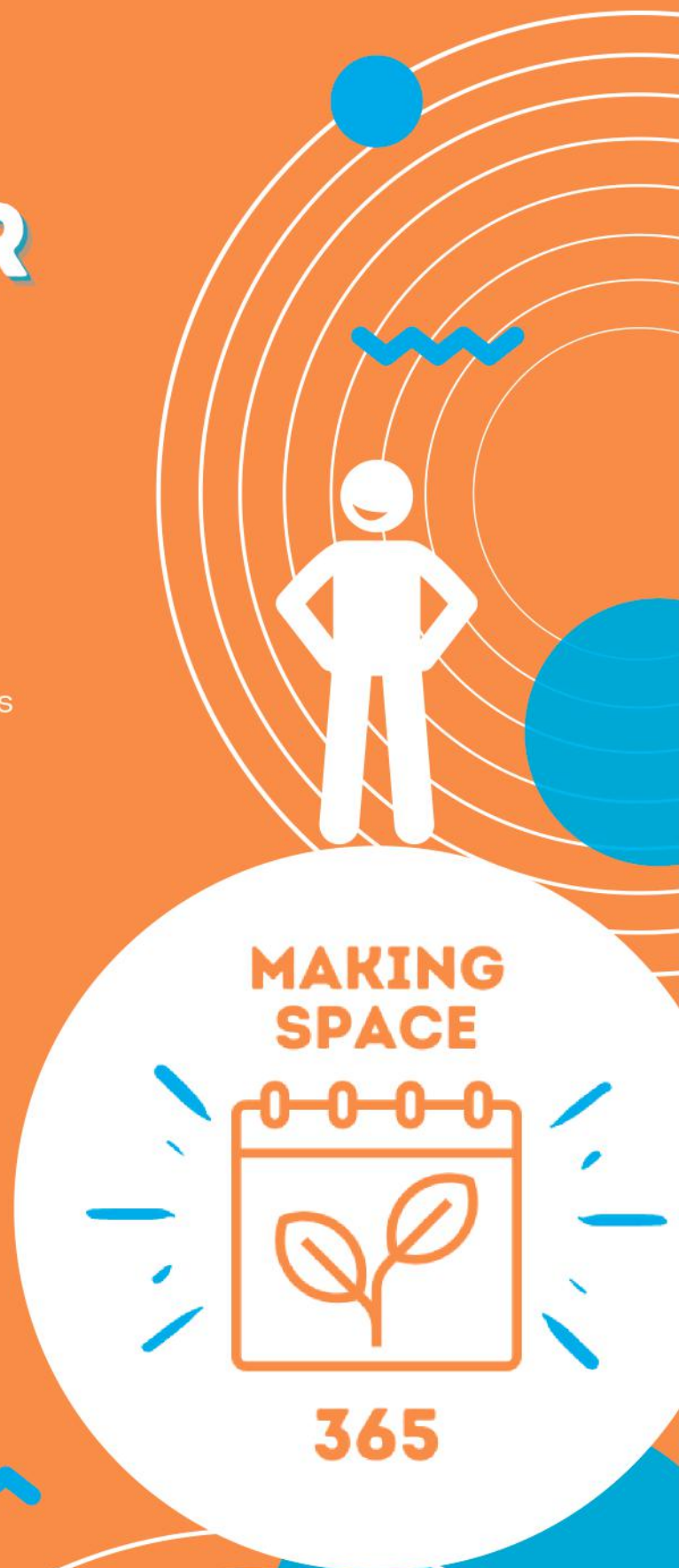


## MAKING SPACE 365

MAXIMISING THE POTENTIAL  
OF YOUNG PEOPLE THROUGH  
CREATIVE AND CULTURAL  
ENTREPRENEURSHIP  
IN THE COMMUNITY



2020-1-PT02-KA227-YOU-007635



# JANUARY 2023

## SPOTTING OPPORTUNITIES AND VALUING IDEAS



MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	Research your market today 3	4	Value your networking power 5	6	7	Try something new today 8
Look for problems in your environment 9	10	Remember all ideas have value 11	12	13	Check up on your competition 14	15
16	17	18	Seek financial advice 19	20	21	22 Seek out feedback
23	Lose your fear of failure 24	25	26	Identify your pain points 27	28	29
Question Processes 30	31					

### Value

- Don't be afraid of the 'dull and the impossible.'
- Step into someone else's shoes!
- New ideas come from new experiences.
- Listen more, speak less.
- Opportunities aren't always on the surface.
- In business, opportunity knocks but once.
- Spotting opportunities is an art and a skill, not a science.

**Finding an opportunity is a matter of believing it's there.**

Barbara Corcoran

Much of what holds many people back is the inability to give up old ways of doing things. Considering new approaches and keeping an alert and questioning mind can help us recognise new opportunities when they arise.



Entrepreneurship: Spotting Opportunities



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# FEBRUARY 2023

## IMAGINATION AND COGNITIVE FLEXIBILITY



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Look around - What do you see?	3	4	5 Observe people
6	7 Draw your thoughts	8	9	10 Take another route	11	12
13 Improvise!	14	15 Meet a new person	16	17	18	19 Change your routine
20	21	22	23 Try doing something new!	24	25 Have a constructive debate	26
27	28 Think of solutions to a problem					

### Practice cognitive flexibility;

- Embrace change
- Change your routine
- Try a new hobby or learn something new
- Do not be afraid to discover new experiences
- Meet new people
- Try to find a different perspective (speak with people with opinions and backgrounds other than yours)

**Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.**

Albert Einstein

Developing your imagination and cognitive flexibility is essential, as it allows you to focus on different tasks simultaneously and effectively deal with ambiguity and change.



How Cognitive Flexibility Saved My Life



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# MARCH 2023

## VISION AND ETHICAL AND SUSTAINABLE THINKING



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Recycle some old clothes	3	4 No food waste today	5
6	7 List your "zero waste" habits	8	9	10 Set 3 sustainable actions	11	12
13 No meat today	14	15 Candlelit evening	16	17	18 By bicycle or foot only today	19
20	21 Don't use plastic	22	23	24 Set 7 min timer for your shower	25	26
27 Eat locally	28	29 Clean up your street	30	31		

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**Ethical and sustainable thinking;**

- Ensures a future for all
- Continually assess the consequences and impact of ideas, opportunities and actions
- Limits waste
- Limits the use of Earth's natural resources
- Acts local – thinks global
- Make choices today that will positively impact the planet tomorrow

“

The most sustainable way is to not make things. The second most sustainable way is to make something very useful, to solve a problem that hasn't been solved.

Thomas Sigsgaard

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Humans must find an objective way to agree on basic human needs and whether these will be met for future generations while considering moral values across all subsets.

[Tips for a Zero-Waste Lifestyle](#)



# APRIL 2023

## DIVERGENT THINKING - GENERATING IDEAS AND PROBLEM SOLVING



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 No idea is too crazy - write it down
3	4 Meditate on your topic - Let the ideas flow!	5	6 Go for a long walk	7	8 Schedule a block of creative time	9
10	11	12 Defer judgement - Sleep on it!	13	14	15	16 Keep a notebook with you at all times
17	18 Explore a whole bookshop	19	20	21 Research what the professionals do	22	23
24 Set some goals	25	26 Keep an idea journal	27	28	29 Hold a brainstorming session	30

### Aspire to Divergent Thinking - +

- **Fast, frequent failures** - Making mistakes and reflecting quickly means heading swiftly towards the right solution to a problem.
- **Support the strange** - Strive for the unusual and always explore different perspectives.
- **Combine ideas** - Seek out combinations of ideas
- **Foster a tolerant environment**
- **Challenge ideas**
- **Diversify** - Try to put a material, process or method to another use
- **Find the connection** - Look for ways to combine seemingly disparate ideas.

**Creativity now is as important in education as literacy, and we should treat it with the same status.**

Sir Ken Robinson

Divergent thinking relates to the generation of numerous ideas about a topic in a short period of time. It typically occurs in a spontaneous and random manner where unexpected and useful connections are often drawn.

Divergent thinking and Creativity



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# MAY 2023

## FINANCIAL AND ECONOMIC LITERACY



MON	TUE	WED	THU	FRI	SAT	SUN
1 Try not to spend a penny today	2	3	4 Register for a finance consultation	5	6	7 Explore possible ways of investment
8	9 Sell something you no longer need	10	11	12 Donate to a charity	13	14
15 Open a savings account	16	17 Buy second-hand	18	19	20 Sign up to a local exchange group	21
22	23 Pay up one of your debts	24	25	26 Pamper yourself on a budget	27	28
29 Automate your savings	30	31 Make a spending limit				

### 4 principles of financial literacy

- **Earn.** Understand your pay and benefits to make the most out of what you earn.
- **Save and invest.** Save for future goals, like buying a house or retirement.
- **Protect.** Take steps to safeguard yourself in case of unexpected emergencies.
- **Spend.** Be sure you get good value for your purchases by shopping around and comparing your options.



"Financial literacy" by Alanna Ritchie



Too many people spend money they earn to buy things they don't want to impress people they don't like.

Will Rogers

Becoming financially independent involves setting goals and a budget, creating a safety net, diversifying your income and more.



# JUNE 2023

## INTRINSIC MOTIVATION



MON	TUE	WED	THU	FRI	SAT	SUN
			1	Practice gratitude for your life 2	3	Cultivate resilience for the week ahead 4
5	Take the evening to practice self-care 6	7	Brainstorm 3 things that make you happy 8	9	Dance or sing to your favourite song 10	11
Set a new goal for the week ahead 12	13	Spend time with someone you love 14	15	Prepare to have a relaxing weekend 16	17	18
19	Do some light exercise 20	21	Share something that made you laugh 22	23	Mix up your daily routine 24	25
Make something arty 26	27	Offer a helping hand 28	29	Cook a new meal 30		

### 5 inspiring Facts About Motivation

- The more you do, the more you want to do.
- Deliberately choosing and establishing new habits is motivating.
- Seeing someone you coached succeed at a task is motivating!
- Learning something new is motivating.
- Achieving something you didn't know you could do, is motivating.



The puzzle of motivation | Dan Pink



I believe that the most joyful and intrinsic motivation human beings have for taking any action is the desire to meet our needs and the needs of others.

Marshall B. Rosenberg

### Visualize and Conquer.

Before starting a task, visualise a moment in your life when you felt very proud of yourself for an accomplishment.

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# JULY 2023

## SELF-AWARENESS AND SELF-EFFICACY



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4 Start keeping a journal	5	6	7 Reflect on who you are	8	9
10	11	12 Write down your strengths	13	14	15 Reflect on your goals	16
17 Think of a happy moment	18	19	20 Discuss your goals with another person	21	22 Write down your achievements	23
24	25	26 Describe yourself to another person	27	28 Write down your weaknesses	29	30 Draw your dreams
31						

### Key self-reflection questions:

- What makes me who I am?
- What am I good at?
- What am I most proud of?
- What are my fears?
- What are my aspirations and goals?
- When was I most happy?
- What can I do to improve myself, my life, and my job?
- How can I utilize my strengths?



Importance of Self-Efficacy



**In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life.**

Albert Bandura

Self-awareness is the ability to focus on how your actions, thoughts, or emotions align with your internal standards. If you're self-aware, you can objectively evaluate yourself, manage your feelings, align your behaviour with your values, and understand how others perceive you.



# AUGUST 2023

## EXPERIMENTING WITH AND REFINING IDEAS



MON	TUE	WED	THU	FRI	SAT	SUN
	1 Take a route you've never taken before	2	3	4 Find 15 uses for an old book	5	6
7	8	9 Draw something with your other hand	10	11	12 Create a new recipe	13
14 Create artwork from rubbish	15	16	17 Connect 10 random words to create a story	18	19	20 Ask for advice or feedback
21	22 Go offline for the whole day	23	24	25 Rearrange your desk	26	27
28 Turn the negative into positive	29	30 Write a poem	31			



### Start your day inspired;

- Write morning pages or a gratitude journal
- Read a page from an inspirational book
- Define your most important goals for the day
- Visualise your day ahead
- Find your inspirational affirmation for the day



How can you think creatively?



**Failure is success in progress**

Albert Einstein



Refining ideas involves focusing on the basic concept and going into details deeply to get it to run in real life smoothly. Refinement improves a basic idea by analyzing, changing, and making it more precise.

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# SEPTEMBER 2023

## PLANNING AND MANAGEMENT



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2 Plan for something impossible	3
4	5 Plan your savings for a future project	6	7 Tidy your mind	8	9	10
11 Organize a fundraising event	12	13 Plan your next journey in detail	14	15 Write a letter to your future self	16	17 Make a monthly task list
18	19 Challenge yourself	20	21 Plan a surprise party	22	23 Make space for reflection	24
25	26	27 Research planning tools	28	29 Reflect on your habits	30	

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**5 ways to be a better planner;**

- Commit to your goals on paper
- Practice self-compassion
- Find intrinsic motivation
- Work with others
- Reflect

**The moment you put a deadline on your dream, it becomes a goal.**

Harsha Bhogle

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Planning is considered a primary function of management. A plan is necessary for any other managerial function, be it organizing, directing, staffing, or controlling/monitoring.

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Mental Resistance - The 2 Minute Rule



# OCTOBER 2023

## IMPLEMENTING, PRESENTING AND EXPLAINING IDEAS AND SOLUTIONS



MON	TUE	WED	THU	FRI	SAT	SUN
						Write morning pages 1
2	Practice active listening 3	4	Have a debate with yourself in the shower 5	6	Watch your favourite TedTalk 7	8
9	10	Try sell a random object to your friend 11	12	Visit a museum 13	14	15
16	Call a friend who you are missing 17	18	Use eye contact 19	20	Tell your best story to a mirror 21	22
23	24	Go hiking or jogging 25	26	Make a PPT about something you love 27	28	29
Watch and evaluate presentations 30	31					



### 4 tips on implementing your idea;

- **Courage** - success is always based on the willingness to take risks.
- **Empathy** - if you want to be successful, you must be able to put yourself in the shoes of others.
- **Focus** - it often helps to start small first.
- **Determination** - if you have a good idea and believe strongly in it, you should not give it up at the first setback.



7 Ways to Influence Other People



To make great ideas a reality, we must act, experiment, fail, adapt, and learn daily.

Jocelyn K. Gleib



If you have too much competing for your attention and can't find the motivation to get going on any one task or problem, the first thing to do is pare down your list.

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# NOVEMBER 2023

## TAKING THE INITIATIVE AND WORKING WITH OTHERS



MON	TUE	WED	THU	FRI	SAT	SUN
		Have a chat with someone new 1	2	Set an intention to be kind 3	4	Ask someone for help 5
6	Send an uplifting message 7	8	Smile at people 9	10	Find a new perspective 11	12
Donate to a cause you care about 13	14	Check in on someone who may be lonely 15	16	Share food with someone 17	18	19
20	Share a good news story 21	22	Tell a friend you're thinking of them 23	24	25	Leave a nice online comment 26
"Pay it forward" 27	28	Support your community 29	30			

### Take More Initiative in Your Life;

- Ask lots of questions
- Make a list and get it done
- Recognize your mistakes
- Own those mistakes
- Let your voice be heard
- Set goals
- Actively participate
- Embrace new opportunities
- Stick to your values
- Inform yourself
- Ask an expert
- Make a plan



Teamwork Reimagined - Kevin Cahill



**Talent wins games, but teamwork and intelligence win championships**

Michael Jordan

Collaborative problem-solving leads to better outcomes. People are more likely to take calculated risks that lead to innovation if they have the support of a team behind them. Working in a group encourages personal growth, increases job satisfaction, and reduces stress.

# DECEMBER 2023

## TOLERANCE FOR AMBIGUITY OR UNPREDICTABILITY



MON	TUE	WED	THU	FRI	SAT	SUN
				Try a new activity <sup>1</sup>	<sup>2</sup>	Take a risk <sup>3</sup>
<sup>4</sup>	Discuss a controversial topic <sup>5</sup>	<sup>6</sup>	Make decisions fast <sup>7</sup>	<sup>8</sup>	Speak with someone different <sup>9</sup>	<sup>10</sup>
<sup>11</sup>	<sup>12</sup>	Plan 3 different actions <sup>13</sup>	<sup>14</sup>	Practice mindfulness <sup>15</sup>	<sup>16</sup>	<sup>17</sup>
Discover a new culture <sup>18</sup>	<sup>19</sup>	<sup>20</sup>	Discuss an idea with 3 people <sup>21</sup>	<sup>22</sup>	<sup>23</sup>	Research "growth mindset" <sup>24</sup>
<sup>25</sup>	Remain confident <sup>26</sup>	<sup>27</sup>	<sup>28</sup>	Accept change <sup>29</sup>	<sup>30</sup>	<sup>31</sup>

### How to deal with ambiguity;

- Plan for the future
- Remain confident and calm
- Accept change
- Make decisions without having all of the facts
- Improve your problem-solving skills
- Plan possible alternatives
- Keep your mind open!
- Everyone is right. Let many flowers bloom

Accepting that the world is full of uncertainty and ambiguity does not and should not stop people from being pretty sure about a lot of things.

Julian Baggini

Some degree of certainty is essential for decisions and actions. But rigid or black-and-white thinking can not process complexity, plan for long-term sustainability, or balance conflicting needs.



Uncertainty Tolerated | Cyrus Aram



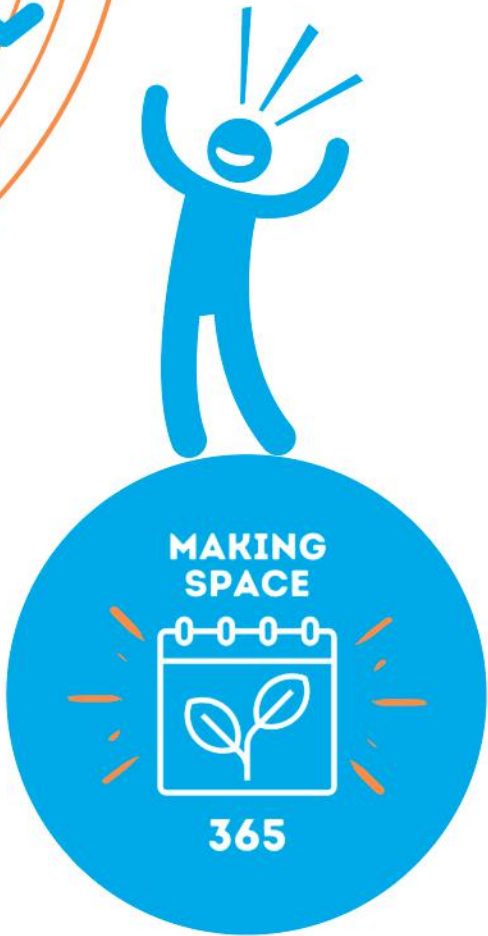
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