



Module #9 of 10

**UK Extension's
Universe of
Possibilities™**

TEACHING OUTLINE—UNLEASHING YOUR CREATIVITY

THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication *Unleashing Your Creativity*, the ninth of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *Unleashing Your Creativity*.

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *Do you think that your environment—your home, your office, the community you live in—plays an important role in your creativity? If so, how? Do you believe that as adults we are sometimes too serious, that we have forgotten how to be playful? If so, does this impede our ability to think and act creatively?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Go over the introductory section on creativity and possibility on Page 4. Emphasize the idea that creativity is for everyone and that each of us has a worthwhile part to play in building a better world.
- ◆ Ask each participant to identify roadblocks that prevent his or her creativity and ways to overcome them. Then discuss the section “Roadblocks to Creativity” on Page 4.
- ◆ Spend plenty of time on the section “Awakening Your Spirit of Creativity” on Pages 5 and 6. As time allows, review and discuss selected tips. Ask participants for other suggestions.
- ◆ Give special consideration to those tips that have to do with groups. You might select and try out one or two of these tips for group activities.
- ◆ You'll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.