



# Character Strengths: Guided Meditations

## Lesson 5: Focusing on the Character Strength of Creativity

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Let's spend a moment bringing our attention to our breath so that we can become peaceful and relaxed. Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Bring your attention to your breath as we breathe in and out for ten breaths. (In/out x10).

Now we are going to bring our attention to the Character Strength of Creativity. Feel your Treasure Coin of Creativity shining out from inside you. Now remember a time in the past when you used your creativity. It could be when you made some artwork or wrote a story, or maybe you made up a new dance or poem or thought of a new invention. How did it feel to use your creativity? Imagine a big blank canvas in front of you. You are holding a paintbrush and you have pots of paint in every colour you would like. Now imagine yourself creating a painting. What is it like? What colours are you using? Spend some time now letting your creativity run free! How does it feel? Maybe you feel energetic and joyful.

If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'I'm creating' to yourself if you like to help you to keep your attention on the feeling of creativity and peace.

*(Pause for around 30 seconds, or more).*

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this, and do some gentle stretching at your place. Remember that you can imagine your creativity shining out like this anytime you want to feel creative and peaceful!