**10 Ways to Develop Your Creativity and Rebuild Your Self Esteem**

Many who struggle through life controlling problems, take a big blow to their self esteem. You may be trying to overcome an addiction of some kind. Society has a league table of how bad this addiction is over that addiction, for example, that doing drugs is worse than drinking alcohol. If you are the addicted person, it doesn't matter if it's an eating disorder or sex addiction, it will affect your self esteem just the same, and your family will also be affected by what you are going through and how you feel about yourself.

You may be living through bereavement, battling through a broken relationship or struggling through financial hardship. Your self esteem will take a blow. We all need to feel good about ourselves. To know that we are loved for who we are, and to know that we are unique individuals. One way to rebuild your self esteem is through developing that creative talent within you.

**How to develop your creative side**

You may think that you are not a creative person because you have never expressed that side of your personality. When you look around at the people you know, you can recognise a creative side to their nature. They may be good at poetry or painting. Maybe they are able to create beautiful flower displays or make something with wood.

It may surprise you to know that you have a creative side. You may have lost your self confidence when you tried something and failed many years ago. There was no one at the time to encourage you to try again or maybe they even put you down. So you let that small burning light go out.

Well the spark is still there. It may need some fanning into life again, but it can be done. So how can you start to bring your creative side back to life?

**Here are 10 ideas to light your flame:**

1. Do something this week that you have never done before. This could mean something small like cooking or trying a new dish, or it could be a big thing like booking that trip to China. Then make a list of other things that you would like to do for the first time.

2. Check out your local evening classes or community college. Do they have a course that really stirs something in you? Learn Spanish? Write poetry? Paint? Ask that friend of yours how they became so good at what they do?

3. Go to the theatre to see a play, or read a different kind of book to what you normally read. Read some inspirational books.

4. Write a letter to a friend (hand write with pen and ink!)

5. Get that camera out of the drawer and take some photos of your town.

6. Keep a journal. You will be surprised how significant some of the seemingly small daily events are. Or carry a small notebook around with you and jot down those great ideas as you get them.

7. Join a group. It could be the local history society, the amateur gardening group, or the photographic society (to get some even better tips on taking pictures around your town). A group can help to spark off new ideas in you and get those creative juices flowing.

8. Do the good things that you always do - in a different way. Find a good and productive alternative to some of the things that you need to change.

9. Start to draw or even doodle. You will be surprised at what comes out.

10. If you get stuck. See a Life-Coach! They will know how to ask the challenging questions and help you set the goals you need to achieve your heart's desire. They can help you to light your fire! If you cannot afford a coach, find someone you can trust and share your dreams with them.

Releasing your creativity is about changing the way you think. You are unique, so try your own individual approach to everything you do. You don't need to be alone in doing this. Today is a new day, like a blank sheet, or a fresh canvas. Create your day!

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| If you want to know more about [rebuilding your self esteem](http://www.therecoverycoach.co.uk) check out the website. Alan J Butler is a Recovery Coach and has worked with recovering addicts and ex offenders for the last 10 years. He spent 3 years living on site as a staff member of the Ovis Farm Project in Devon, England. He is an Associate of Life for the World Trust, an organisation whose aim is to equip the church to reach marginalised people. He holds a Diploma in Coaching & Mentoring from the Institute of Counselling, Glasgow. He welcomes comments at <http://www.therecoverycoach.co.uk> |