

**BOTH THEMES/QUOTES** FOR THIS WEEK'S VALUES AND DELIBERATIVE LIVING CLASSES ARE ON THIS ATTACHMENT  
(Continue to scroll down to the 4<sup>th</sup> page for Monday's).

In our next Values and Deliberate Living class this **THURSDAY, September 10 at 8:00 p.m.**, we will address  
**CREATIVITY**

### **WHAT IS CREATIVITY?**

"Creativity involves breaking out of expected patterns in order to look at things in a different way."-- Edward de Bono

**"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."**-- Mary Lou Cook

### **LET'S TALK ABOUT SITUATIONS WHERE WE HAVE BEEN CREATIVE**

What's a CREATIVE meal that I've prepared?

What are some of the CREATIVE ways that I have responded to COVID?

### **HOW CAN I BECOME MORE CREATIVE?**

"Think left and think right and think low and think high. Oh, the things you can think up if only you try" – Philosopher DOCTOR SEUSS aka THEODORE GISSEL

Creativity is like a muscle. It must be stretched, challenged, and occasionally pushed past its comfort zone.

### **IDENTIFY THE UNDERLYING NEED**

Instead of asking "How can I improve the espresso?" the founder of Starbucks (Howard Shultz) instead asked "How can I create a comfortable, relaxing environment to enjoy great coffee?" Try to write multiple variations of the same question that focus on the underlying need. For example, instead of asking "How can I build a better mousetrap," you might ask questions such as "How do I get the mice out of my house?" and "What does a mouse want?" or "How can I make my backyard more attractive to a mouse than my house?" One of your new questions will likely be a better one than your original.

## **OBTAIN INFO FROM LOTS OF SOURCES**

Pablo Picasso said, "Good artists copy, great artists steal." That means that good people learn from better people, and better people learn from the best. You can't develop your creativity when you're surrounded by those who keep on discouraging and distracting you. So have some real talented people around you, and learn from them. This is not only about surrounding yourself with talented people, it's about knowledge. Don't limit yourself. Always study and experience a variety of new things. This can propel your creativity forward.

Andrew Ng, formerly of Google and now of Baidu, doesn't believe innovation is due to unpredictable flashes of genius. "In my own life, I found that whenever I wasn't sure what to do next, I would go and learn a lot, read a lot, talk to experts. I don't know how the human brain works but it's almost magical: when you read enough or talk to enough experts, when you have enough inputs, new ideas start appearing." Indeed, collaborating with and learning from others may be just what you need to give your creativity a boost.

## **LET YOUR IMAGINATION WANDER**

"The chief enemy of creativity is 'good' sense."-- Pablo Picasso

"You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'" – George Bernard Shaw

## **FAILURE IS PART OF THE CREATIVE PROCESS=HAVE CONFIDENCE IN YOURSELF**

The fear that you might make a huge mistake or fail in your efforts to do something new, can paralyze your creativity. You need to remember mistakes will always be there -- they are simply part of the creativity process. Many great minds struggle with fear of failure, but they never gave up and they kept trying until they succeeded. However, to overcome your fear of failure; analyze every potential outcome, make a contingency plan and think about the worst possible scenario. This will help you to regain confidence and start over with full confidence.

**LET'S TALK ABOUT CREATIVE ALTERNATIVES:**

WHAT ARE CREATIVE ALTERNATIVE LOCATIONS WHERE KOL HaLEV CAN HAVE A PRAYER SESSION?

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WHAT ARE CREATIVE ALTERNATIVES FOR WHAT WE SHOULD DO DURING A PRAYER SESSION?

A SILENT MEDITATION

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WHAT ARE CREATIVE WAYS OF COPING WITH THE RESTRICTIONS IMPOSED BY COVID IN THE FOLLOWING SITUATIONS?

BAR and BAT MITZVAH

SCHOOL GRADUATION

BABY NAMING

GAMES NIGHT WITH FRIENDS AND COMMUNITY

**SOURCES:**

[https://www.huffpost.com/entry/creativity\\_b\\_8016588](https://www.huffpost.com/entry/creativity_b_8016588)

END

In our next Values and Deliberate Living class on **MONDAY, September 14 at 8:00 p.m.**, we will address this

### **Loyalty Quote**

“Loyalty means I am down with you whether you are wrong or right, but I will tell you when you are wrong and help you get it right.”

“If loyalty is, and always has been, perceived as obsolete, why do we continue to praise it? Because loyalty is essential to the most basic things that make life livable. Without loyalty there can be no love. Without loyalty there can be no family. Without loyalty there can be no friendship. Without loyalty there can be no commitment to community or country. And without those things, there can be no society.” – Eric Felten