

find YOUR spark

89 IDEAS FOR GETTING MORE
OF THE 5 Cs IN YOUR LIFE





ideas for contemplation

Creating space to be silent, to be mindful, and to reflect upon what's happening around and inside us

Do yoga

Have a 'go slow' day where you make time to 'see' the world you're travelling through instead of rushing.

Start a journal

Start and/or end each day by listing things you're grateful for

Speak with a therapist or mentor

Explore a faith/spirituality you're not familiar with - what can they teach you?

Meditate

Pray

Download a mindfulness app

Book yourself into a meditation course or retreat



ideas for curiosity

Paying attention to, and acting upon the things that catch our interest and make us wonder

Watch a documentary

Listen to someone's story

Visit a place you've never been before

Explore a new suburb

Research a project

Learn a language

Plan and take a trip (big or small)

Talk to an elderly person about their life

Visit a library

Visit a museum

See a film

Read a book



ideas for curiosity continued ...

Watch a TED talk

Take a different route to work

Try a new radio station

Listen to a new podcast

Try someone else's playlist or listen to some new music

Go to your local farmer's market and talk to a farmer about their produce

Ask your kids/grandkids to show and tell you about their latest video game or gadget

Read a textbook

Take an online course

Visit a bookstore

Attend a cultural event/festival/celebration you've not experienced before

Visit a gallery or art exhibition



ideas for creativity

Setting aside time to express ourselves in whichever way we like, to take the ideas we have and turn them into reality

Cook

Go for a walk in nature

Create a meaningful photo every day for a week

Design and sew/knit garments

Do some art (draw, paint, sculpt etc)

Play with some clay

Join a drama group

Build something

Do some gardening

Paint a room a different colour

Wear your clothes a different way

Rearrange the furniture



ideas for creativity continued ...

Write a story

Start a journal

Write your life/biography

Interview your elders and write their story

Start a blog/podcast/YouTube channel

Do a jigsaw puzzle

Write a poem

Dance

Join in a daily photo challenge on Instagram

Write a funny update on Facebook



ideas for connection

Have meaningful interactions with others

Invite someone over for a meal

Give someone a friendly smile or wave when out and about

Write and send someone a letter or card

Spend time with a family member or friend (without electronics)

Delive into your family history/geneology

Write a thank you note

Say good morning to every person you pass on a walk/at work

Make someone a handmade gift

Host a morning tea

Tell someone you love what you love about them

Offer someone a hug

Reach out to someone from a different generation



ideas for connection continued ...

When in a retail establishment or restaurant, make it a point to connect with the cashier or server by looking them in the eye, saying attention to their name badge and asking how their day is going

Leave a thoughtful comment on someone's blog or social media account

When you go into a social situation - focus on helping someone else who shows signs of feeling uncomfortable



ideas for contribution

Engage in actions that are kind, generous and of service to the world around us

Write a letter to the editor

Offer to watch someone's kids so they can have a date

Take a meal to someone who's going through a hard time

Knit or crochet blankets for a local charity

Clean out your closets and donate the clothes

Donate blood

Volunteer for a not for profit

Mentor a young person

Start or join a community group

Pull weeds for a neighbour

Visit a lonely neighbour



ideas for contribution continued ...

Start a community event/gathering around an issue
you're passionate about

Make a personal commitment to speak up respectfully when people talk
against humanity in some way (race, culture, gender, sexual orientation).
Our voices matter

Clean up rubbish in a local park or reserve

Volunteer in your local school as a classroom helper

Offer to photograph a local event

Make a financial donation (or pledge to give a % of your future income)
to a cause you believe in

If washing the dishes or hanging out the clothes is something your
partner normally does, do it for them