



Over 500 people responded to a survey conducted by the Intentional Creativity Foundation. In case you want to be a 'statistic' too...

- *93% said they experience creativity as a mindfulness practice
- *89% said they include creativity in their spiritual practice
- *89% felt a sense of connection with the Divine
- *86% felt that their creative practice positively impacted those closest to them
- *92% feel that creativity influences their self-compassion and self-worth (maybe you've heard the concept that our 'self-worth' greatly affects our 'net worth'?)
- *90% said they experienced compassion for others near them through practicing intentional creativity
- *83% experienced compassion for others they did not know, through stories they heard
- *87% consider themselves self-expressed as compared to before they were creating
- *86% said they have experienced breakthroughs and aha's during painting specifically
- *77% said they choose painting specifically to work through a chosen breakthrough
- *90% said they have experienced a shift in their default thinking
- *88% experienced a shift in their personal abundance story through creating with intention
- *89% bring insights back into their life that they discovered while engaging with the creative process
- *85% said they experienced an expanded sense of self
- *79% noticed an ease of physical symptoms while creating
- *93% experience creating as a relief that benefits their overall well-being
- *90% have experienced a shift in recurring emotional pain through creative process
- *90% said that creativity helped them maintain a healthier outlook on life allowing them to receive more abundance

"Through creativity and imagination, we find our identity and our reservoir of healing." ~[NIH study](#)