Sometimes I Draw
Sometimes I Lift
Technology

Multiple Components

Weightlifting
Much like a new exercise program, Creative Hobbies will put you into new positions.
Repetition
Just lifting weights will help, but it won’t take you over the humps

Forming Connections

Fill Gaps
Repetition

Forming Connections
Adding isolated movements

Fill Gaps
Repetition

Forming Connections

Fill Gaps
Getting outside advice
So what now?
Researching
Thinking
Experimenting
Time to expand.
Dynamic Mobility
Pilates

Creative
Hobbies
Much like a new exercise program, Creative Hobbies will put you into new positions.
You need a break.
Explore New Ways of Thinking.
Sometimes I
Sew
Sometimes I Write
Sometimes I Make Films
The Activity is important, but the so is the journey
Complete failure
Well.....