

Weekly Takeaway Sheet

GGC - May 2026: The Power of Play - Week 2

The Power of Play — Play Unlocks Creativity

1. Creativity Doesn't Thrive Under Pressure — It Thrives in Freedom

- Creativity grows when you feel relaxed and open
- Pressure and perfection block inspiration
- Freedom creates space for new ideas

2. Play Removes the Need to Be Perfect or Productive

- You don't have to earn fun
- Play allows curiosity and exploration
- Joy matters even without a “purpose”

3. When You're Relaxed, Your Ideas Flow More Easily

- Stress crowds out creativity
- Relaxation creates mental space
- Lightness helps inspiration return naturally

4. You Don't Have to Be “Creative” — You Just Have to Be Open

- Creativity belongs to everyone
- Openness matters more than talent
- Trying something new builds confidence and courage