

# EXPLORING ART, MUSIC & CREATIVE EXPRESSION

*Ignite Your Spirit Through Lifelong Creative Discovery*

	YES	NO
1 Do you actively engage in any artistic or creative hobbies?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you visited a gallery, museum, or art show in the last year?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you listen to music regularly as part of your daily routine?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you ever tried painting, drawing, writing, or crafting?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you attend live performances or virtual art/music events?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you set aside space or time for creative expression at home?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you explore new creative forms you've never tried before?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you shared your art, music, or ideas with others recently?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you use creative outlets to process emotions or reduce stress?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you considered taking a class to further explore the arts?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Creatively Engaged And Inspired. Your commitment to self-expression enriches your life and fosters personal growth.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do. You're exploring your creative side, but more consistent engagement could deepen fulfillment.



**0–3 Yes Answers:** You May Be Missing An Outlet For Self-Expression. Embracing creativity can boost your emotional well-being and bring new meaning to your everyday life.