

Miné Okubo Worksheet

Commit To Daily Creativity

Reflect on the principles that Okubo's remarkable creativity exemplified. Practicing these precepts will help you commit to daily creativity.

SIMMER YOUR ANGER

Okubo had to be emotionally disciplined to not let anger about her internment experiences keep her from creatively recording them. No matter much you're suffering, strive to keep your anger under control. **Ask yourself:**

What is the best way for me to manage my anger to leave room for creative juices to flow?

STUDY YOUR CIRCUMSTANCES

Be a student of your circumstances — especially your tough ones. **Ask yourself:**

What life lessons can I learn from the difficult circumstances I've endured, or even the adversities I'm going through now?

SIMPLIFY YOUR EXPRESSIONS

Okubo used pictures rather than words express her viewpoints. **Ask yourself:**

What steps can I take to articulate my viewpoints in simple yet vivid ways . . . in ways that will inspire others?