

5 EXERCISES TO TAP INTO YOUR CREATIVITY



ACTIVITY 1: USE CREATIVE PROMPTS

It can be difficult to get in a creative flow when you're not artistic or inventive. Yet, whether you recognize it or not, you are a creative being.

This fun exercise will help you get started by getting your mind to move in a new direction.

Read each of the scenarios below, then choose one to "work" with. Relax and run with the idea that is presented until you can't think of anything else and then try another one.

- ✓ Imagine that you have no car, phone, tablet or games to play and you are sitting outside a forest full of red, purple and yellow leaves. Are you more likely to appreciate the beauty of the season or be bored? Think about what you would do to entertain yourself.
- ✓ It's pleasurable to enjoy how the seasons transition from one to another as opposed to being in love with your favorite season. What are some ways you can love the other three seasons just as much as you enjoy your favorite? How would your life be different if you enjoyed the weather and transitions throughout all the seasons?
- ✓ Imagine you created a snowman or snow-woman who has come to life before your eyes. What would this snow person have to say? What would you do together and why?
- ✓ Imagine that you are building your own snow amusement park. Think of five slogans or catch phrases you could use to advertise your park online or on TV.
- ✓ How would you spend your ideal spring day if nobody was around? Do you think your activities would be the same as others who are alone on a beautiful spring day? Why or why not? Would you rather spend the day alone or with friend(s)? Why?

ACTIVITY 2: DAYDREAM DAILY

Set aside 5 to 10 minutes a day to let your mind go. Let your imagination wander on a different topic each day.

Here are 7 ideas to get you started:

- ✓ What is your favorite moment of all time? Why does it stick out for you so much in your memory? Now, think about what could happen to top it and why.
- ✓ If you could have anything in the world, what would you want? Picture every aspect of the thing you want in detail. Imagine how you would feel if you had it.
- ✓ Picture your ideal day? Where would you be? From the time you get up until your head hits the pillow that night, how would you spend your time?
- ✓ What are some things you'll be able to do five years from now that you can't do now? Would you like to do those things as soon as possible? If so, what are some things you could do now to move you closer to that goal?
- ✓ If you could be or do anything in the world, what would it be? Imagine what your life would be like if you were that person. Make the picture as explicit as possible.
- ✓ You have received a letter from yourself exactly one year in the future. What does your future self have to tell you about your life today and why? Will you do anything differently because of the advice? Why or why not?
- ✓ If you could take a class to learn one skill, what would it be and why? How would you incorporate this new skill into your life?

ACTIVITY 3: GET BETTER AT WHAT YOU DO

Spend 15-30 minutes a day, 5 days a week, thinking of ways you can get better at what you do each day. During this time, take out a blank sheet of paper.

This will not be particularly easy and most of your ideas won't be any good, but write down everything that pops into your head, no matter how absurd it might seem. And don't tell yourself that you can't do anything you come up with. For instance, one idea might be to get twice as much done in half the time. Just write the answer down and listen for more ideas.

Although many of the ideas that come to mind may not be feasible, just one great idea can completely revolutionize your work—and, as a result—your life!

ACTIVITY 4: SOLVE A PROBLEM

Think about a challenge, frustration or problem that you would like to see resolved. Or a gap in the marketplace that you'd love to see filled.

Then, decide you're going to solve the problem or fill the gap.

Let your mind go and daydream about different ways the issue could be solved. You can also brainstorm with other people. What comes to their mind about possible solutions? Jot all the ideas down.

Build an image in your mind of you having already solved the problem. How do you feel? See other people already benefiting from your solution. Hold that image in your mind.

Be alert for ideas, people, resources and opportunities that can help you achieve your goal.

ACTIVITY 5: REACH YOUR GOAL FASTER

Spend 5 minutes each morning thinking about how you can reach your primary goal faster.

By doing this each morning, you will find that your mind will continue to work on it all day. You'll find that at odd moments, when you least expect it, good ideas will begin to pop into your mind.

When a good idea comes to mind, keep it alive by letting your imagination flow... and, of course, taking appropriate action.



Trust the perfection that resides within you. . .

As adults, we tend to let complacency, security, and boredom set in. When you open your mind to your creativity, life becomes less ordinary and more like an adventure.

Take a hint from your younger self and let your imagination and creativity flow. Like a child, you'll be surprised and delighted by what happens.

