

BOOST YOUR *creativity* WITH THESE 10 CREATIVE EXERCISES



(ADAPTED FROM "LIVE THE LIFE YOU LOVE" BY AYSE BIRSEL.)

Set aside 10-15 minutes a day to boost your creative thinking. Choose one or two exercises from the list to complete each day.

- ☑ Draw something on your desk (your phone, for example) without looking at your hand. Don't cheat. Cover your eyes or your hand if necessary so you don't see. When completed (5 minutes or less), look at your drawing. You'll be amazed!
- ☑ Think of one thing that starts with the first letter of your first name and another with the first letter of your last name. Mash them together to make a new thing: John Doe, Juggler for John + Doctor for Doe = Juggling Doctor. Draw it.
- ☑ Take a small pile of paperclips and see how many things you can create in 5 minutes (shapes, letters, jewelry) by bending or connecting them together.
- ☑ Pick a song you love and sing it with new lyrics that you make up.
- ☑ Look at the clouds and imagine them as things, like you did as a child.
- ☑ Take 5 minutes to write a haiku about your day, your night, or a current work project. (Japanese style poem, 3 lines, with a 5-7-5 syllable structure.)
- ☑ Buy some containers of Play-Doh. Make a sculpture for 15 minutes. Use Henry Moore, Isamu Noguchi or Constantin Brancusi as inspiration.
- ☑ Cover your desk or table top completely with paper (a roll, or pieces taped together). Draw on it in large, freestyle, stream of consciousness form, using a Sharpie (make sure ink doesn't seep through), for 10 minutes or until the whole desk is covered. Hang it on your wall.
- ☑ Next time you're cooking, substitute a key ingredient in the recipe for another item.
- ☑ Take your sketchbook to a concert (or listen to music with headphones on). Relax, close your eyes, and listen to the music. Let your mind drift. Write down any ideas that pop into your head as you're listening to the music.