

Creativity Boosters

To Amp Up your Creative Thinking & Get to your BEST Ideas



Hi, I'm Amy!

I'm an unapologetic multi-passionate creative, which means I have a gazillion interests and lots of projects going at any given time, whether it's a new novel, a non-fiction book, a quilt (or three), or even a watercolor painting, or a new flower bed in the garden.

This is my life. To the outside, it might look like creative chaos (at least it does to my beloved husband who's an engineer AND a Virgo), but let's not get too sidetracked.

If you're here, you're probably a kindred soul with lots of ideas and some challenges with getting those ideas out of your head and heart and into the world.

More than anything, I want you to create your BEST work, to find that brilliance and the ideas in this PDF will help you to do just that.

Keep dreaming, keep creating, keep playing, and most of all, have FUN!

Amy

Creativity is not about conjuring ideas from thin air or being struck with a lightning bolt of inspiration.

It's about making connections between your experiences, your thoughts, things in your life, your knowledge and understanding, in new ways.

And this process, my friends, can take some time, but it's SO worth it.

Before we dive into all of the strategies, here's a bonus Creativity Quick Write.

Start here.

Do this prompt FIRST to start your creative brainstorming or idea session. Then, dive into some of the other suggestions below. Seriously...this works!

Bonus! Creativity Quick Write

For this quick write, grab your journal and plan to write for ten minutes. Imagine that you are seven years old and school has been cancelled. You have the WHOLE day to do whatever you want to do. Write for ten minutes, and describe HOW you would spend your day!!! What fun would your seven year old self have?

Go to the end of this PDF for an explanation of WHY this works and links to the study it's based on.

Get Inspired Creativity Boosters

- 1. Get creative in another area** – creativity feeds creativity. If you are a writer, try painting or gardening or photography. If you're a visual artist, try writing a poem or a new form of art like collage or quilting.
- 2. Go on an artist's date** – listen in to episode 2 for all the deets on Artist play dates.
- 3. Take a break and do something TOTALLY unrelated** – give episode #37 a listen for some ideas and the studies that prove how taking a quick 2-5 minute break doing an unrelated, cognitively undemanding task can fire up your creative juices.
- 4. Talk it OUT** – as a verbal processor and thinker, some of my BEST ideas come either during conversations with my thinking partners or shortly thereafter. Find some creative partners whom you can talk to and work through ideas. They don't have to have “answers” for you, but sometimes a great listener is THE solution to a creative block. Using your voice can help you FIND your voice!

Get Still and Quiet Creativity Boosters

5. **Thinking time** – allow yourself some thinking time. Set a timer. Give yourself at least twenty minutes to explore your project in your imagination. Visualize it. Think about it. Take some notes or create a mindmap as you let your mind wander. What happens? What do you come up with?
6. **Mindfulness meditation** – sit and focus on your breath or do a guided meditation
7. **Breathwork** – use focused breathing throughout your day to bring yourself some space and calm
 - a. **Deep breathing** – breathe in and out as deeply as you can so your belly extends outward and inward as you breathe.
 - b. **Counting Breath**
 - i. Breathe in for a count of six, hold for three, breathe out for a count of six, hold for three, in for count of six, hold for three, out for six etc.
 - ii. You can vary the count just make sure the hold is half the total count of the in and out breath
 - c. **Root and waterfall breath** – described in the podcast episode around minute 15.
8. **Deep Soul Writing** – connecting and breathing and deep soul writing in your journal. Give episode # which is an interview with Janet Conner, one of my dear mentors who wrote, [*Writing Down Your Soul*](#).
9. **Sleep** – make sure you're getting at least 7-8 hours a night in order to boost your creativity and inspiration. Listen to Episode 5 all about the importance of sleep for your creativity.

Get Engaged in your Project Creativity Boosters

- 10. Make your creative practice a habit** – train your brain to be creative on a regular basis.
- 11. Break a project down into little pieces OR look at a project as a whole rather than in pieces.**
- 12. Talk to your project and ask it what IT needs** – I know this might sound a little wacky, but it totally works! This is one of those “try it before you knock it” ideas.
- 13. Change your location** – try a new space to create in to boost your ideas and inspiration.
- 14. Study and Practice Your Craft** – take a class, read a book, peruse picture books and study techniques other creators in your area are using.

Get Moving & Out of Your Head Creativity Boosters

- 15. Get Moving** – move your body! Walk, run, bike, go outside. Get your heart rate up and breathe. Oxygenate your whole body.
 - 16. PLAY** – do something playful, get out a ball, buy a yoyo or do whatever you loved to do as a kiddo.
 - 17. Play with a child to REALLY get out of your head and into your imagination** – get on the ground with them and let the child lead and remind you what it feels like to play.
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Quick Write Explanation

This quick write is based on a study called, [“Child’s Play: Facilitating the Originality of Creative Output by a Priming Manipulation.”](#) In the study two groups wrote for ten minutes describing how they would spend a free day. One group wrote as if they were seven. The other group wrote as their adult selves.

Following the writing exercise, both groups were tested on creativity tests. The group that imagined a day of play and fun (rather than completing tasks/chores) scored significantly higher in all dimensions of the given tests. So, to amp up your creativity, write or imagine yourself as a child before you dive into your work. Put yourself in that play place and prime your brain for creative fun!