



# UNLEASH YOUR CREATIVITY

The commitment to full creative expression is the answer to many of our life problems. Many people languish in unfulfilling jobs or other life situations because they haven't made a full-scale commitment to their creative expression. You get to decide if you will create your life from the default of your belief system, or if you will commit to accessing your creativity and create what you really want. Every human being is endowed with creativity, including you. Creative expressions don't have to be internationally recognized to be of value. Beginning with simple steps actually allows you to open the doors for deep wells of creativity to emerge. So I invite you to choose some of the exercises below, tap into your creativity and have lots of fun along the way. For more information on this subject go to the resource page of my website and download the article, *Harness the Power of Creativity*.

## 20 Simple Ways to Access and Unleash Your Creativity

1. Next time you're driving: At the first red light, look in your rear view mirror and notice the driver behind you. Give him/her a name and make up a story about them.
2. Give your car a name and tell someone why you chose that name.
3. Explain the game of football to a visiting delegation of extraterrestrials. (You can substitute almost anything for "game of football," like: music, art, shopping, coffee, seafood, forests, poverty, etc.)
4. Wear an outrageous article of underclothing to your next important meeting or appointment. Notice your feelings before, during, and after the meeting.
5. Have an imaginary conversation or write a letter to a person you admire. Write down the person's responses to you.
6. Draw enough geometric shapes to fill an entire blank page.
7. Wear an article of clothing you wouldn't be caught dead in and go grocery shopping.
8. Draw or paint a picture with your non-dominant hand.
9. The next time you have a phone conversation, pick up a pen and doodle.
10. Choose a feeling or emotion. Give this feeling a shape and draw and color it.
11. Write a letter to the self you would like to be in five years.
12. Write a story about someone you think should be the next guest on Oprah.
13. Brush your teeth with your non-dominant hand.
14. Take your favorite recipe for soup and change three ingredients.
15. Take a shower in the opposite sequence that you usually do.
16. Each morning when you get up write three uncensored pages of whatever comes to mind. No emphasis on spelling, crafting sentences, or even making sense. Just write whatever comes to mind.
17. Randomly open a book, select the first sentence your eyes see and write a story about that sentence, or make it up in your head and say it out loud.
18. You have over 3,000 joints in your body. Instead of using the 300 that most people use, move your body in all kinds of ways that you've never moved it before.
19. Make up a song and sing it to your dog or cat.
20. Completely rearrange your closet or cupboards so they are completely different and much improved from how they are now.

Note: I wish to express my big gratitude to my awesome friend and creative partner, Kathy Kucsan, Ph.D. The majority of the creative prompts (above) are a product of her own creative mind. Thanks Kathy for your genius creativity and collaboration, and for the fun, play, humor, and depth you add to my life.