

XCentric Ideas

You don't have to be a writer
or a painter to be creative.

Whatever way you like to express
yourself is your creative impulse.

These are the 3 pillars of creativity:
awareness, confidence and enthusiasm.



Unlock your creativity - p 2-4

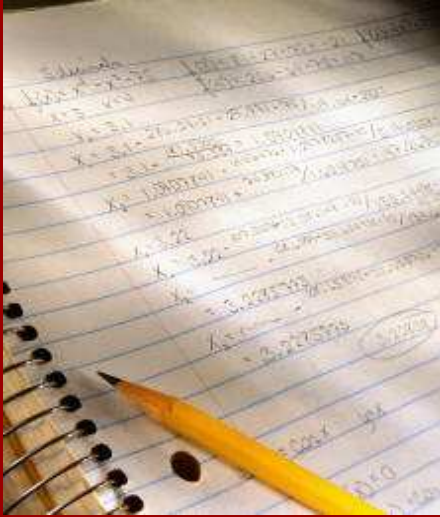
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Unlock your creativity (i)



Keep a Notebook and Pencil on hand at all times

Ideas are like in-laws, you never know when they're coming over to visit. Keeping a journal encourages freedom of thought and expand perspectives.

Some of your best thoughts come just before falling asleep and just after waking. Keep a notebook at your bedside.



Ask questions

By asking questions about the world around us, we fuel our creative fire and increase our level of consciousness and our perspective of the world.



Read, read, read

Reading enhances your mental ability and you experience the world from a brand new perspective. Be inspired by what you read.

(If you don't have time, buy an 'audio book' - available on CD at Exclusive Books and listen while you drive or do the housework.)

Unlock your creativity (ii)

Seek out new experiences

Our minds are much like a garden. Without proper care, the weeds will take over. Learn a new skill - learn a new language, learn to water ski, learn to play an instrument. Pick up photography, knitting or new cooking recipes.



5 New things on your way to work

Try to spot 5 new things every morning on your way to work. The idea is to interrupt your routine and to be open for new experiences.



A Change is as Good as a Holiday

Change something at home or at the office. Put a new photo on your notice board, re-arrange furniture at home, buy fresh flowers, use a pen in a different colour, swap the bedroom and lounge curtains.



Take frequent breaks while you are working

Short rest periods are helpful particularly if the work is repetitive or involves extended sitting or standing in one place.



Unlock your creativity (iii)



Listen to music

Music can be magic. Try listening to classical music in particular either while you work, before or after.

You may unlock thoughts that have been eluding you via stimulation.



Bath soak

Get a massage or soak in a hot tub.

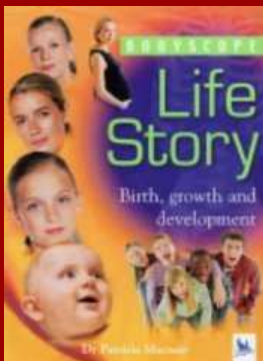
At the height of true relaxation, your creative impulse may present itself.



Get lost in routine

Step away from your creative work and vacuum the house for a while, wash the dishes or clean out the garage.

Sometimes creativity comes through when you jog a hidden memory.



Your Life Story

Write your life story in 25 words or less. It will give you a change to confront your life - are you happy? Do you need to change something? There are no rules. Think of who you are and what you have achieved.

Creative Thinking

Atmosphere

What we see, hear, feel, taste, and touch -- influence our state of mind. Choose the place where you thrive and are comfortable - be it a loud, people-filled area or a peaceful garden.



Find a Place to Walk

If you think best "on your feet," find a hallway, sidewalk or park where you can walk. Wear comfortable shoes and clothing.



Determination

Creativity **takes practice**. Your creativity is there within you, but you must make a habit of using your imagination.



Doodles

Use ink, pencil lead, crayon or a computer to write down your ideas. Make notes any time, any place. Get in the habit of making notes, outlines, sketches or doodles. By aimlessly 'doodling', creative ideas may just pop up.

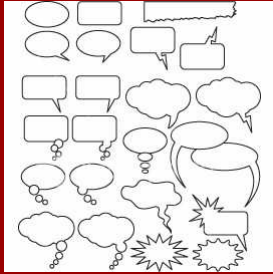


Create an Inspiration File

Whether it's a file folder, a notebook or an entire file cabinet - keep clippings, thumbnail sketches, junk mail, photos and anything else that inspires you or gives you ideas.



Nurture your Creative Life



Forget what "they" Say

You know yourself better than anyone else does. Stop comparing yourself to others - your own uniqueness is your creativity!



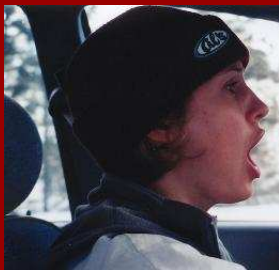
Have a go at Tea Sketches

Drop a tea bag on an index card and let it make a stain. Then, turn the stain into a drawing. Tea seems to be preferred, but if you don't drink tea - coffee, wine and mustard are all suggested.



Rock Me Alone

Get everyone else out of the house. Lock the door. Take the phone off the hook. Put on your favourite album and rock out. It's good for you.



Car Wailing

Sing along - the car is the best place. When you're not stuck in traffic, it's difficult for anyone else to see or hear your 'singing'.



My house

Decorate your house the way YOU want to!
Express your personal style.

Discover your creativity

What is your **passion?**

Do you learn best through self-teaching or do you prefer the structure & outside support of a class?

Go someplace quiet - sit/lie down - close your eyes and **DAYDREAM!**

Do you love clothes?

Sew a simple pattern. Or transform a blouse with funky buttons, ribbon or embroidery.



Love cooking?

Start a 'dinner club' with your friends. The dinner guests pay a fee and you can be as creative as you like!



Been on holiday?

Write about your holiday and send it to friends. Especially if you don't see or speak to them often. The sights you've seen, food you've tasted ... nothing fancy - write as if you're talking to them. Then if you feel more confident, send it to a magazine.



The possibilities are endless!

You are Creative



Denying your own creativity is like denying you're a human being.



We're all limitlessly creative, but only to the extent that we realize - that we create our own limits with the way we think.



If you tell yourself you're not creative, it becomes true.



Stop that!

And start being creative today!!

