Fostering the Creative Spirit Within You
The starts and stops of the creative process and how to keep the process flowing.

To tap the ability to “create,” you must spiritually soar into the thin air... of the blue sky... vigorously exploring and operating beyond the institutional mindset!

Gordon McKenzie

Molding the ordinary into something extraordinary!

Prosser

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Reasons for Brain Lock

• Searching for ONE right answer.
• Avoiding Mistakes.
• Thinking play is foolish.
• Trying too hard to develop ONE Great Idea.
• Thinking, “It’s already been done!”
• Telling yourself, “I’m NOT Creative!!”

von Oech, A Whack on the Side of the Head

Resource:

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Bee Kree8tive!

What’s a favorite memory from Childhood? Who was your first kiss? Where? What was your favorite book as a child? Why? What do you LOVE to do? HOW does “it” taste, feel, smell? What color is “it”?

Avoid the “V O J” (Voice of Judgment)

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Creativity defined:

• The ability to come up with new ideas, some of which are useful!
• Give yourself time and space to play with ideas, concepts, thoughts.
• There is a direct link between creativity and curiosity.
• John Cleese

Spend time in Toys R Us.

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Spending 15 minutes everyday thinking like a child.

• Go to a museum.
• Ride a Carousel.
• Chew Bubble Gum.
• Play with Bubbles...Color with crayons.
• Spend time in Toys R Us.
• Write, Sing, Pray, Go Barefoot.
• Find reasons TO do instead of NOT to do.

Resources: