

CURE CREATOR'S BLOCK

**Practical and
effective ways
to kickstart
your creativity.**

INTRODUCTION

The moment when we're faced with a blank page and no ideas or inspiration is commonly known as writer's block. I prefer to call it creator's block as it doesn't just happen for writers - it happens to all creative, innovative and problem solving people.

Writers, musicians, artists, designers, makers, stylists, crafters, actors, engineers, mathematicians; we all know what it's like to suddenly be stuck with nothing. Nada, zip, zilch coming down the inspiration line.

What do you do when your creativity has dried up and your motivation just took a trip to Bali? You mix it up, that's what.

These six simple tricks are designed to kickstart your creativity. I use them ALL the time. They're practical, actionable, free and effective. You don't need any fancy equipment or a ton of cash. Just a little of your time.

Happy Creating!

Indrani

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TIP #1

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Turn Off the Screen!

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Staring at a screen hurts our eyes and makes our brains go numb. We can't think clearly or more importantly, creatively, when we are wired to the machine. Phones, tablets, computers, laptops, tvs are all to blame.

Worse still, they steal valuable time we could be spending making and creating. Think of all those hours you've scrolled through comments on a blog post. Or the time you've wasted going down a Facebook rabbit hole. Or the hours and hours you've spent watching reality tv. It's addictive, wastes our time and kills our creativity.

Turn off the screen and make time to do other things. It sounds obvious but unless you switch off and make space in your life to be creative you'll be stuck right where you are, looking for ideas and inspiration in all the wrong places.



TIP #2

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Back to Basics

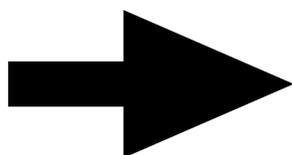
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You've turned off your screens. Now what?

Our creativity is boosted when we write or draw, old school style with a pen and paper. Chatting on the phone while you doodle on a piece of paper is a great way to flex your creative muscles.

I use a HB pencil on sheets of clean A4 paper whenever I want to get my creative ideas down. Don't get me wrong - I still use my screens but they don't use me. And I never use them for a first draft, only for editing.

This tip is great for all us stationary nerds out there - it's the perfect excuse to go and buy a beautiful new journal and fancy pen. Or crisp pieces of paper, pencil and eraser. You choose.



WRITE IT DOWN,
OLD SKOOL STYLE!

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Do The Housework

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Procrastination is creativity's friend. No, no - it's true! All the time you spent during high school cleaning your room instead of doing your homework was actually doing your brain good. What's that? You didn't clean your room, you were too busy hanging out at the mall with your mates? Oh, musta just been me then...

Doing mundane tasks like the dishes or tidying your desk has two great benefits. The first is it gives your brain a break from the problem you're trying to solve by busying it with something else to focus on. The funny thing is, while you're giving your conscious mind a break, your subconscious is still dutifully working away on the problem, generating ideas and coming up with solutions.

It's a great way to get perspective, distance and ideas. Plus you also end up with a clean environment in which you want to work and spend time. What's not to like?



TIP #4

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Have a Shower

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Running water soothes many ills and creator's block is no exception. There's a good reason why cleansing rituals are part of so many religions. They work!

As the hot water of the shower runs down our backs, it relaxes our minds and bodies. We feel great. When we're in a relaxed state we are more receptive to the ideas and insights coming from our subconscious minds. It's been working away on the problem the whole time but we couldn't hear it because our monkey mind was too busy freaking out.

The shower is the place where I get many of my creative ideas. I get up early in the morning before the kids and the first thing I do is sit down and start to write. By the time the little munchkins get up for breakfast, I've run out of steam and need fresh ideas. Hello, hot shower!



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Go For A Walk

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Sitting chained to your desk, waiting for inspiration to strike is a sure-fire way to kill your creativity. But creativity can't be forced. It works sideways and you have to sneak up on it, surprise it and catch it quick before it escapes.

The best way to catch your creativity is to walk away and do something else for a while. But here's the kicker - you'll feel as if you can't take a break because you haven't 'earned' it. And yet a break is exactly what you need because our brains thrive on novelty and new input.

Get outside in the fresh air. Yup, even if it's raining. Go for a walk and here's the big secret - take a different route than usual. Your brain will love all the new sights, sounds and smells. You'll come home filled with inspiration and energy.



TIP #6

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Step Outside Your Comfort Zone

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If you keep on doing the same thing, you'll keep getting the same result. Our brains need fresh input and new ideas to come up with creative solutions.

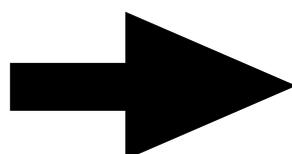
old input => old ideas
new input => new ideas

Sounds obvious when you put it like that doesn't it?

It doesn't have to be radical like donating all your money to charity and going to live in an ashram in India. It can be as simple as ordering something different for lunch at your local cafe.

Our brains crave novelty and they thrive on variety. When you challenge your brain with new ideas, it forges new neural pathways and makes new connections to solve old problems.

Read a book, go to a gig or visit a museum and choose a new genre; biography instead of thriller, metal instead of hip hop. Your brain will thank you for it.



CREATE NEW
INPUT

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Consult the Brains Trust

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When you're stuck for new ideas or trying to solve a problem, one of the best things you can do is to talk to someone you know and trust. Maybe it's your mum or grandfather who can act as a great sounding board, letting you bounce ideas off them. When I talk about a problem aloud, I often come up with my own solutions.

Perhaps it's your best friend from high school who can always see the light at the end of the tunnel and who reminds you - you've got this, this is what you were born to do. We all need a little ego boost now and then - especially us creative types locked away in a garret somewhere.

No bestie or mum to talk to? Don't worry, some of the best ideas and advice I've ever heard have come from strangers when I've opened up to them about the problem I'm currently grappling with. Beautiful strangers are wonderful because they have no past history with us, no preconceived ideas about what we can or can't do and most importantly no agenda or need to put us in a box.



Over To You

Okay, your turn to have a say. Tell me:

When do you get stuck (generating new ideas, getting started, solving problems etc)?

What's the best tip you can use right now to kick-start your creativity?

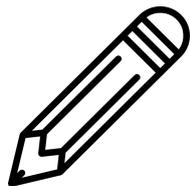
CURE CREATOR'S BLOCK

7 ways to kickstart your creativity

Get Started



unplug

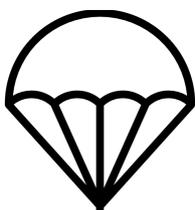


write it
down

Find Inspiration



take
a hike

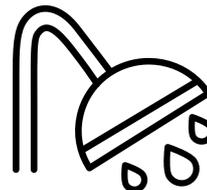


create
new input

Solve Problems



do the
dishes



get
clean



phone a
friend

What Next?

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for more creative
ideas and inspiration

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for awesome icons

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THANK YOU!