



June 15 – July 14

Creativity

Creativity is:

Creative myths:

1. Some people are _____

*Every child is an artist, the problem is
staying an artist when you grow up.
-Pablo Picasso*

2. Creativity is the same as _____. (“I’m not creative – I can’t draw.”)
3. Some creativity is _____ others.

4. **To be creative, you have to have** _____.

5. **The most creative people are** _____.

Why is creativity important?

-
-
-
-

When I don't live in my creativity, I experience...

What is my creative process like?

Creative Habits:

*The more you pay attention to your ideas,
the more ideas you will have.*

NOTES:

Resources

The Creative Habit by Twyla Tharp

<http://amzn.to/1SbqWXQ>

Steal Like an Artist by Austin Kleon

<http://amzn.to/1MwjRNw>



Elizabeth Gilbert's "Your Creative Genius" TED talk:

http://www.ted.com/talks/elizabeth_gilbert_on_genius?language=en



Julie Burstein's "Four Lessons in Creativity" TED talk:

https://www.ted.com/talks/julie_burstein_4_lessons_in_creativity?language=en

The War of Art by Steven Pressfield

<http://amzn.to/1IOx5Y8>

Why Walking Helps Us Think

<http://www.newyorker.com/tech/elements/walking-helps-us-think>

Stanford Study Finds Walking Improves Creativity

<http://news.stanford.edu/news/2014/april/walking-vs-sitting-042414.html>

Homework Week Five

Creativity

1. Map out your creative process.
2. Claim in what areas you'd like to be more creative.
3. Start an "idea journal" and write down five ideas every day. They don't have to be GOOD ideas; they just have to be ideas. About how to make the line at Starbucks go faster, about a new flavor of toothpaste, about a better doggy door, whatever. By writing them down, you are paying homage to them and you will get MORE of them. This works, seriously!
4. Finish this sentence 20 times:
"If I were (more) creative..."

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. As you go through your daily life, look for ways to do things differently. Don't worry about being intentionally "creative." Right now, just go for "different" from your normal habits.

- Find a new way to walk the dogs
- Mix two pieces from your wardrobe that you haven't worn together
- Cook a new recipe. Or cook an old recipe and mix it up.
- Try a new pen
- Go to a new store at the mall
- Play different music
- Go to the bookstore and sit with a pile of magazines you've never read before
- Go to a museum