



Week 6 Homework:

## Creativity

1. Read this article on simplicity, design, and creativity:

<http://jamesclear.com/vexillology?s=868sipbyfguxnehqxc37>

2. Go back to last week when you chose the areas of your life in which you'd like to be more creative. How can you provide yourself with some constraints in order to make yourself MORE creative?

### Examples:

- Limit yourself to a capsule wardrobe to see how creatively you can change up your looks
  - Scrapbook only from a limited amount of supplies (maybe a kit?)
  - Give yourself a cooking challenge a la Iron Chef and cook from a given set of ingredients
  - Write a poem in a structure like a sonnet, haiku, etc.
3. Keep going with your five ideas a day!
  4. Listen to music. Read this article:

<https://imagineoutloud.wordpress.com/2009/05/28/how-you-can-use-music-to-increase-creativity/>

and then choose one of the types of music listed. Did your experience reflect that stated in the article? Share in our Facebook group!