

29 WAYS TO STAY CREATIVE

1  **MAKE LISTS**

2 **CARRY A NOTEBOOK EVERYWHERE**

3 **TRY FREE WRITING**

5 **QUIT BEATING YOURSELF UP**



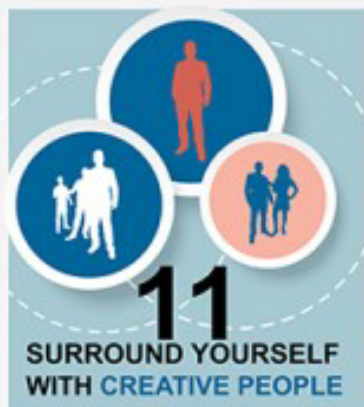
6 **TAKE BREAKS**

7 **SING IN THE SHOWER** 

8 **DRINK COFFEE** 

9  **LISTEN TO NEW MUSIC**

10 **BE OPEN** 



12  **GET FEEDBACK**



14 **DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T GIVE UP DON'T**

15 **PRACTICE, PRACTICE, PRACTICE**

16  **ALLOW YOURSELF TO MAKE MISTAKES**

17  **GO SOMEWHERE NEW**

18 **COUNT YOUR BLESSINGS**

19 **GET LOTS OF REST**

20 **TAKE RISKS**

21

BREAK THE RULES

22 **DON'T FORCE IT**

23 **READ A PAGE OF THE DICTIONARY** 

24 **CREATE A FRAMEWORK**

25 **STOP TRYING TO BE SOMEONE ELSE'S PERFECT**

26  **GOT AN IDEA? WRITE IT DOWN**



27 **CLEAN YOUR WORK PLACE**

28 **HAVE FUN**

29 **FINISH SOMETHING**