

# CREATIVITY CALENDAR

"Creativity is giving yourself permission to see things differently."  
- Polly Castor -



## MONDAY

1 Put away your digital devices. Give your mind a rest and allow your ideas to flow.

6 Take a shower. Ideas pop into your head when you are least expecting it.

11 Clear your workspace. Clutter around you can block the creative process.

16 Brainstorm with others. Get other's perspectives, remember not to judge ideas.

21 Ask a child. Children have a unique perspective and are naturally out of the box thinkers.

## TUESDAY

2 Observe nature around you, it's a great source of inspiration.

7 Get outside. Physical movement and fresh air free the mind.

12 5-minute art. Draw or doodle for 5 minutes. Doodling can help you stay present and engaged.

17 Allow your pain to inspire your creativity. Look for creative solutions to issues you face.

22 Generate more ideas than you need. It's likely to be the very last one that hits the spot.

## WEDNESDAY

3 Change your routine. Try taking a different route or take up a new hobby.

8 Sleep on it. Go to sleep on a problem and your subconscious will come up with an answer.

13 Find a creative space. Go to the place that helps your thinking and see what happens.

18 Research what solutions already exist. You may find something that you can tweak.

23 Listen to happy music. Studies show it promotes more divergent thinking.

## THURSDAY

4 Instead of creating your usual bullet pointed list, try mind mapping.

9 Work through the Artists Way Workbook.

14 Ask why? Spend a day asking why, question everything and see what unfolds.

19 Keep stress toys handy. Stress toys keep your hands busy which leaves your mind free to wander.

 **JENNY  
GARRETT**

## FRIDAY

5 Journal. It's a great way to get in touch with your thoughts and feelings.

10 Be playful. Go to a park and have five minutes on the swings or the slide or go to a skatepark.

15 Watch TED talks on creativity – they are inspiring.

20 Allow yourself the luxury of being bored and use the time to daydream.

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