

# Creative Spark

## CHECKLIST

- take a walk
- talk to other creatives
- clean/reorganize your workspace
- allow yourself to write/sketch out all your bad ideas
- play with a new creative medium, like painting or ceramics
- read about another artist's creative process
- go to a museum or art gallery
- set a timer and doodle for 10 minutes
- draw the same object in 20 different ways
- create a mind map from one word
- start a 30 day challenge
- do a physical activity for 30 minutes
- browse your local bookstore
- unplug and daydream for 10 minutes
- watch a foreign movie
- bake or cook something new
- go to a thrift store
- listen to a podcast
- doodle your emotions
- go on a photo walk
- put on your favourite album
- take an online course and learn something new
- watch a live performance
- read an artist's biography
- go to a cafe and people-watch
- research a movement in art/design/photography
- make a collage from a magazine and scissors
- doodle random shapes and create characters out of them
- make a list of what inspires you
- don't force it - give yourself a break and try some of these ideas later

GO EASY  
ON YOURSELF

TRUST THE  
PROCESS

TRY SOMETHING  
DIFFERENT

MAKE TIME  
FOR PLAY