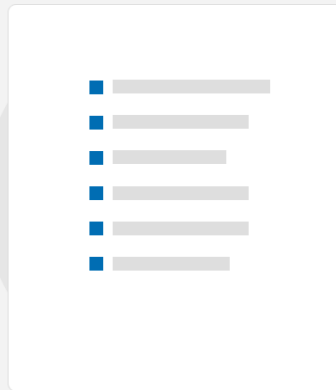


# Creativity Checklist

10 Tips For Feeling Inspired



## Take a walk outside.

- ☐ Get outside and clear your mind. Exercise and fresh air will give you new energy.

## Work in a different place.

- ☐ pack up your laptop or notebook and change your scenery. Head to the library, a coffee shop or a park bench.

## Listen to music.

- ☐ Sometimes it's nice to work in quiet, but other times listening to music might do you wonders. Switch between genres.

## Take a break.

- ☐ If you're feeling stuck, don't force it. Check Facebook. Read the paper. Get a snack. Allow 15 minutes of distractions.

## Spend time with different people.

- ☐ Get inspired by surrounding yourself with a variety of people from all walks of life. Catching up over lunch might spark a new idea or give you new insight.

## Learn something new.

- ☐ New experiences and challenges can boost creativity.

### **Brainstorm and keep an idea journal.**

- ☐ Scribble every thought you have on a blank sheet of paper. It Will clear your mind. Keep all those ideas in an idea journal for future reference.

### **Rearrange and organize.**

- ☐ Clean and organize your desk. Rearrange your furniture.

### **Change your routine.**

- ☐ Work at different times of the day. Try tackling a problem in the morning, or take another look at it later that night.

### **Play.**

- ☐ Play a game, conquer the monkey bars, or color. Do something fun and exciting that you can do often.

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