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 don't do often.

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