

7 Ways to Stimulate Your Inborn Creativity

How can we define creativity? Is it drawing and painting? Ceramics? Quilt making? Knitting? Carpentry? Cooking? Furniture making? Sewing? Crafts? Writing? Composing a poem or song? Planting a garden? Creativity is all of these and none of these. All these activities are *actions* that involve creative thinking, but none of them are creativity itself.

***Creativity is not any particular activity:
it is an attitude, a point of view and a different way of looking at the world.***

Here are 7 tips to help you start looking at the world in new ways and get your own creativity flowing:

~ **Create an "Idea Book."** This is small notebook that you keep in your bathroom, beside your bed, in your car, in your purse, or wherever it is readily accessible. Each time you see, hear, or experience something that triggers an idea, write it down. Be as specific as you can for you surely will not remember it later. Your "Idea Book" can include thoughts, impressions, likes and dislikes, and to-do projects.

~ **Keep a journal.** This is a powerful way to record your impressions, calm your mind, express your emotions, and get in touch with who you are. A journal opens the door to expressing yourself more fully.

~ **Stimulate your senses with aromatherapy oils.** Jasmine in particular is a fragrance that is particularly conducive to creativity as it creates a soothing atmosphere and leaves one refreshed and clear in mind and spirit.

~ **Play creative games.** Get together with friends and play charades, Pictionary or any type of game that requires being expressive and coming up with creative ways to communicate.

~ **Take action on something you wrote in your Idea Book.** As time allows, select an idea or project you wrote in your book and take action on it. Do not tackle anything that is too complicated or time-consuming to be accomplished in the amount of time you have. Not being able to finish what you started will only leave you feeling more incomplete and unsatisfied.

~ **Find a new use for something you already have.** Examples could be something like making a teapot into a flower pot; making a chest into an end table; or creating a decorative vase from an old bottle. Let your imagination run wild!

~ **Put your new ideas into action.** Stop worrying about what other people might think—your creative projects are for your eyes only unless you chose to share them. By trying out your creative ideas, even if they don't work out, you'll learn something new and give your natural creativity a chance to flourish.