



## Stimulate Your Creativity

Finding your creativity can be a difficult task. Thinking anew isn't always easy. Our past thinking, our traditions, and our routine quite often put a damper on new thinking. Today begins an adventure in new thinking. There will be lots of questions for you to answer and lots of things for you to consider. Relax. Know that this is a safe place to explore who you are and what is underneath. Relax. Fire the committee and start with the people in this room. The rule is no regular thinking, no clichés.

- I. Try Ink Shedding for 5 minutes. This exercise frees your mind and allows creativity to flow sooner.
  - i. Ink shedding rules:
    1. Set a timer for five minutes.
    2. Write for the entire five minutes.
    3. Once you begin writing, you must not stop. Write anything you are thinking, but do not stop or lay down your pen/pencil.
    4. Do not edit what you are writing; no crossing out, correcting or rethinking.
    5. Do not write about the manuscript on which you are working.
    6. Do not concern yourself about spelling or grammar, just write.
    7. When the time is up, throw your paper away; it is just a catch all for worries, unnecessary thinking and concerns.
  
- II. Answer James Lipton's Celebrity Questions:
  - What word do you love?
  - What word do you hate?
  - What sound do you love?
  - What sound do you hate?
  - What occupation would you hate to do?
  - What occupation would you love to do?
  - What would you want God to say when you enter heaven?
  
- III. Look around: Find 3 'umms' (wonderments) and ask 3 what if.
  
- IV. Think about or try the following:
  - Argue the opposition – political
  - Close your eyes – talk to you when you were a child
  - What do you care about most?
  - Ask stupid questions
  - What do you fear most?
  - What is your philosophy of life?