

Creative Habits

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots, providing a structured space for notes or journaling.

Don't Quit Your Daydream

SET TIME ASIDE FOR FOCUSED DAYDREAMING

CHOOSE A TIME WITH THE BEST CHANCE OF BEING UNINTERRUPTED, BY YOURSELF OR OTHERS.

TURN YOUR FOCUS INWARDS BY TUNING OUT SENSATIONS

TRY CLOSING YOUR EYES OR TURNING ON WHITE NOISE.

A REPETITIVE MOVEMENT MAY HELP CLEAR YOUR MIND

TRY DOODLING, HAND STITCHING, OR WALKING. IF STILLNESS WORKS BETTER FOR YOU, FIND A COMFORTABLE POSITION TO AVOID DISTRACTION.

REDUCE SELF-JUDGEMENT

WE USUALLY ADMIRE CREATIVITY IN OTHERS, BUT OUR OWN CREATIVITY CAN TRIGGER FEELINGS OF DISGUST OR SHAME. REMAIN AWARE OF THIS NATURAL REACTION SO THAT WHEN YOU FEEL IT, YOU CAN ACCEPT THE FEELING AND DISMISS THE NEED TO ACT ON IT.