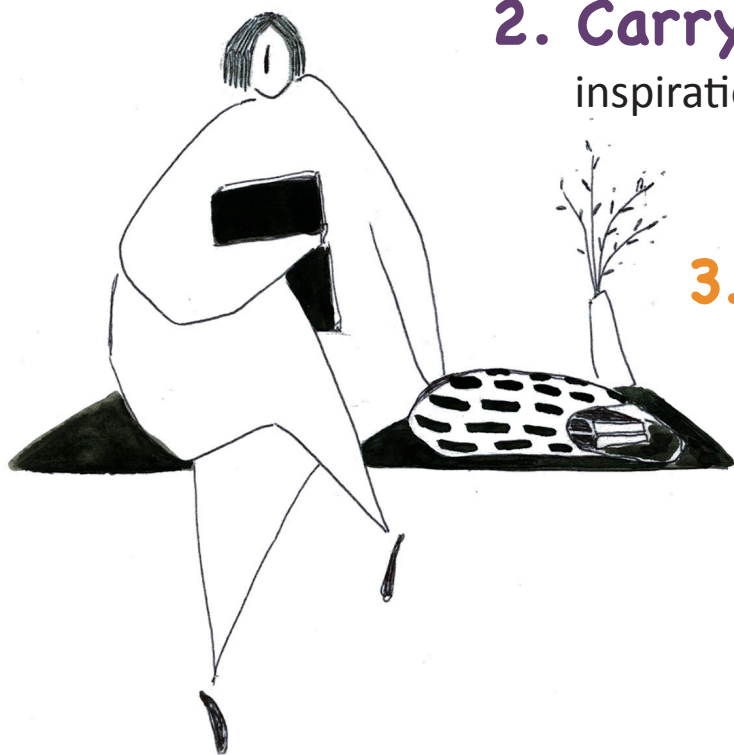


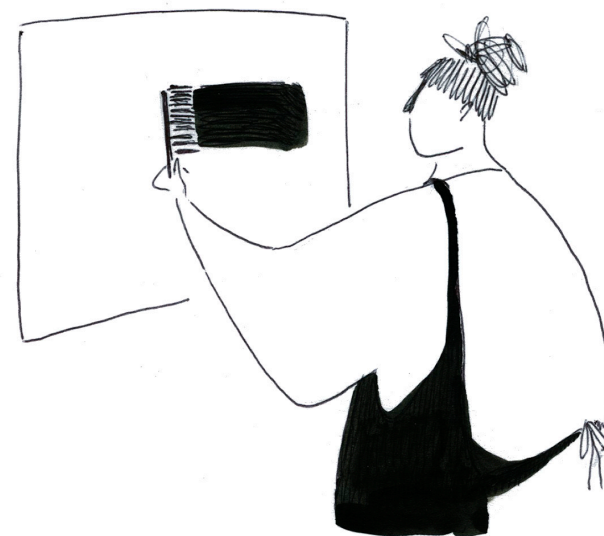
# 10 Ways to Ignite Your Creativity...and Keep it Lit!

**1. Show Up!** Set the intention to create and block it into your schedule. Treat it like an appointment. A huge part of creating is getting down to work.



**2. Carry a sketchbook** with you at all times...for ideas and inspiration.

**3. Foster your curiosity** – as a daily practice. Intentionally set out to try one new thing a day...



**4. Establish a starting ritual** for your creative space. Could you light a candle, don your smock, put on some great background music, or do some creative warm up exercises?



**5. Spend time in nature...**preferably moving your body and breathing deeply.

**6. Identify one of your creative fears** and turn them into an Art Adventure!

**7. Embrace the opposite!** In order to change things up - creating surprise and delight and potentially new ideas – embrace the opposite.



**8. Set up a small ongoing creative practice** – 15 minutes a day.

**9. Spend time in silence** and solitude – unplug and unwind.

**10. Keep learning** about the things you are passionate about...take a course, read a book, subscribe to a relevant blog, find a mentor.

Have fun experimenting with these ideas as part of your evolving creative practice!