

Ways to reboot your creativity



Redefine “Creativity”. It’s not necessarily getting out a full set of oil paints or making an entire table of party decorations for a birthday. The outfit you wear is an expression of your creativity. So is the way you style your hair, or arrange your books. Define yourself as a creative person, regardless of whether you’ve “made” anything lately. Don’t let others throw you off by questioning your creativity.



Timing is everything. If you’re short on time, make it count. Choose activities that are easy to pick up and put down, such as knitting or crochet. Learn how to doodle with Zentangles, and create them during meetings at work. Find projects you can work on while watching TV or waiting in the doctor’s office. You can make a lot of progress with small increments during the day. Even waking up a half hour early to draw in bed can be a soothing way to wake up.



Branch out with passions. When your favorite activities no longer bring you joy, it can make you doubt yourself and your creative mind. Instead of comparing your current and past levels of interest, find a new or even unrelated craft. For example, switch from painting to needlework, or from sculpture to beading. Learning a new technique or trade gives you a fresh start with new associations.



Don’t go it alone. The fastest and easiest way to build motivation is to team up with others. Whether it’s having an artmaking date with a close friend or joining a class, having other people to share with is extremely gratifying. Get encouragement from like minded creators. Collaborating with others in your field can also help you out when you’re stuck with a technical problem. Lastly, giving away finished projects and seeing the recipient’s joy is extremely motivating to follow through.



Swap materials and tools. Most creative people not only love getting new art supplies, but they often have a huge stash they don’t ever use! Instead of feeling guilty for having too much (or hungry if you don’t have enough), consider swapping supplies online or in person. A new skein of yarn or type of pen can inspire all kinds of projects.