

HOW TO USE THIS EXERCISE

CREATIVE THINKING REQUIRES YOU TO CHANGE HOW YOU THINK. MORE THAN THAT, CREATIVITY REQUIRES YOU TO CHANGE HOW YOU THINK ABOUT THINKING.

Our creative challenges are meant to help you rethink how you see yourself and the world around you in order to uncover new possibilities and ideas.

The challenges can be done alone or with a friend. Simply follow the instructions to complete an exercise...without self-editing or second-guessing

If you want to share your results with fellow creative thinkers, There are fun hashtags at the end of each exercise. No pressure, though, think of each exercise as a gift to yourself.



& get weekly Creative Challenges

PRIME VOICES

EXERCISE: The best thing a parent or teacher can do for a child is to believe in them. Take a moment and think of the profound and transcendent things that different people told you while growing up. It can be an original piece of advice that was shared or a quote they always repeated, that pertained to you. Something that resonated with you and affected you, positive or negative, that you still think about today.

WHY?: Positive reinforcement has always shown to have a positive output. If your parents told you you were creative, you increased your creative production and became more creative. The opposite is also true. Very often, our creativity is ruled by self-perceptions in our subconscious. It's like an inner newsreel we play back of people's reactions to us. Bringing these things forward is an act of creative reflection that will help you to understand your imposed inhibitions and open you up to creative freedom.

EXAMPLE:

When I was 5 years old I told my mom that I wanted to grow up and be a musician. She said, "Sorry, honey, you can't do both."

[click here to submit your answer online](#)

PRIME VOICES

Positive Prime Voices

Negative Prime Voices

#PrimeVoicesPS for social sharing