

3 Ways To Energize Your Creativity



#1 Listen to Music

"Music hath charms to soothe the savage breast. To soften rocks, or bend the knotted oak." - William Congreve

In addition to calming the savage beast, music stimulates our brains, and therefore, our creative output. Playlists Rock! Create a soundtrack for your life, a playlist for your morning routine or workday. Compile a bunch of tunes for that road trip you've been planning. I have a playlist for cooking dinner - "Cookin' with Chaka Khan" . . . dinner always tastes better with a little Chaka.



#2 Create a Vision Board

"Hold the vision. Trust the process"

Not to get all "woo-woo" but a vision board is a great way to get clear on what you want out of life. It works as a reminder of what's important to you and plants a clear picture of what it might look like. A vision board can be a simple picture, quote or as fancy as you want. The process of creating one is, Creative!



#3 Spend Time in Nature

"There is a pleasure in the pathless woods, there is a rapture on the lonely shore, there is society where none intrudes, by the sea and music in its roar: I love not man less, but nature more" - Lord Byron

Yup. What Lord Byron said.