

For the ultimate creativity boost, choose two items from the first list, and one item from the second list. **Then stick with it!**

You will see your ability to think creatively increase in no time.

1

Quick and easy  
creativity boosters:

- ☐ Get outdoors and disconnect from technology
- ☐ Take short breaks with low level stimulation
- ☐ Let yourself daydream
- ☐ Spend time with creative colleagues and brainstorm
- ☐ Attend classes and conferences to foster new ideas
- ☐ Go for a short walk

2

Habits for increasing  
long-term creativity:

- ☐ Keep a daily journal
- ☐ Take up an artistic hobby like painting or playing an instrument
- ☐ Train yourself to take daily power naps
- ☐ Spend time meditating every day
- ☐ Get into an exercise routine
- ☐ Teach a person (or a class) about your creative hobby or profession