



MOVING AHEAD: The Challenge

Creativity Worksheet

DEVELOP YOUR INTERESTS

The following worksheet will help you to explore and exercise your creativity. These simple activities should assist in strengthening your artistic processes, moving outside your comfort zone, and honing your creative forces. Try and feed your creativity by performing at least two of the following each week.

1. Look at things from a new perspective. Sit in a different place in the library, dining hall, coffee shop, study lounge, or class. Walk to class a different way. Notice things (animals, buildings, plants, signs, people) along each route.
2. Create a personal bulletin board. Post quotations, pictures, and cartoons that inspire you.
3. Work on a puzzle (such as a jigsaw, crossword, scrabble, acrostic, or word find).
4. Tune in to a radio station you've never heard before. Listen for at least an hour.
5. Try a new food at mealtime (something you've never tried before or think you won't like). Cook using a new recipe, eat a new cuisine, or pick a new restaurant.
6. Move your watch or ring to the other arm for the day.
7. Buy a bound journal. Write or draw what you're thinking or what you see each day.
8. Before bed, tell yourself "tonight I'll remember my dreams." As soon as you wake up, jot down two key things you remember from your dream. Gradually you'll become a more productive dreamer/daydreamer.
9. Grab a camera and walk across campus, taking pictures as you go.
10. Read a book for fun.
11. Brainstorm 25 alternative uses for a toothpick, newspaper, rubber band, or paper clip.
12. Take class notes using colored pencils or a different color pen – variety is the spice of life.
13. Doodle away! Add your own detail to the following figures

