

GET YOUR CREATIVE JUICES FLOWING WHEN YOU'RE UP AGAINST A WALL

You learned in the last lesson how direct solutions are the fastest path to change, success, and overcoming obstacles. Your creativity can also find effective solutions. This lesson is about tapping into your creativity.

Every writer experiences writer's block from time to time. However, writers aren't the only people that encounter mental blocks. You could be feeling stuck because of a challenge, with viable solutions eluding you. It's time to let your creativity help you with your challenge.

TRY THESE TECHNIQUES TO HELP RELEASE THE CREATIVITY YOU KNOW IS INSIDE OF YOU:

1. **Go for a run.** Or a hike. Or mow your lawn. You likely spend too much of your time cooped up in your workplace. Break that habit by seeking inspiration in the beautiful gifts of nature.
 - The secret to abolishing your creative block is to get out into the great outdoors and get your adrenaline pumping.
2. **Freestyle.** If you obstruct your creative process by being too rigid or expecting too much too soon, you'll send your creative juices into hideout indefinitely. Release the pressure and allow your mind to freely express itself.
 - Paint an abstract painting using colors you generally never use. Choose a topic that's close to your heart and just write the words that come to your mind without editing. Or, doodle in your notepad.
3. **Seek inspiration.** Read about how someone you

consider a hero tackled their own challenges. Their methods could spark ideas for solutions to your challenges.

4. **Change the scenery.** Your office may be the cause of your creative block. After sitting in the same chair day after day, it can certainly take its toll on your ability to produce. Head to a coffee shop, park, or bookstore for a rush of energy that'll inspire you to create!
 - **Consider going to a mom and pop coffee shop rather than a franchise.** Coffee houses like Starbucks and Panera Bread can be quite noisy and distracting.
5. **Release your inhibitions.** Many times, the fear of failure is the only barrier between you and success. **Let your insecurities fall by the wayside and move forward with your ideas.**

Creative blocks are like pesky little summer gnats. You can put screens in your windows to keep them out, but a few always find a way to break through the netting. In much the same way, you have little say in when or where your mental blocks appear. All you can do is try to work through them, and strengthen your skills in the interim.

It's more challenging to be creative when your back is against the wall. In fact, just about everything is more difficult during times of stress. In the next lesson, you'll learn how to be effective when the situation appears to be hopeless.

HERE'S WHAT YOU NEED TO DO TODAY:

Do something creative and out of the ordinary today. Write a short story, compose a song, draw a picture, or paint something. Then, expose yourself to something new and artistic. It could be a new genre of music or a local art show.

Get in the habit of using creative outlets on a regular basis. Then, when you really need your creativity to help you out, it will be ready and waiting!