

TOP 10 CREATIVE BLOCK BUSTERS

Every artist gets blocked sometimes. The key is to not let it paralyze your progress. Stress is the number one creativity killer. It's hard to let the good ideas flow when you're tight or anxious. Fun, however, puts you in the moment, opens you up to inspiration and gets the ideas flowing again.

Use this list to build a creativity routine or pull from it during "creative emergencies." Don't overthink it. Do what feels good. And try to schedule at least one fun activity within 24 hours of sitting down to work on your project.

- 1. Get moving.**

If you'd like to move forward in your project, try moving your body. Go for a walk, dance to your favorite song(s), or even tackle some home chores like washing dishes or folding clothes. You'll be surprised at how many ideas pop up while the right side of your brain is busy.

- 2. Go on an artist date.**

Take yourself out to do something artsy, fun and enjoyable. Trying something you've never done before can get you thinking differently and spark new ideas.

- 3. Watch a movie or show about artists.**

Watching films about writers, painters and musicians can reconnect you to the feeling of making things and remind you why you are working on your art.

- 4. Dress the part.**

If someone were writing a movie about you as the creative, lead character who is successful and productive, how would you dress? Put on that outfit. Strike a couple of poses in front of the mirror. While still in character, sit down and get to work!

- 5. Say affirmations.**

Write down five creativity affirmations that speak to you or feel free to come up with your own. Repeat one up to 10 times right as you start working on your project.

- 6. Doodle or color.**

Grab a blank piece of paper and draw or doodle whatever comes to mind for at least 10 minutes. Or pull out an adult coloring book and some colored pencils. Let your mind wander while your hands stay busy.

7. Create an avatar.

Write down a superhero, stage name or rap name for yourself. What big and bodacious name represents your fullest, most successful self? List some characteristics or superpowers of this avatar. What is their theme song? Their favorite color?

8. Step out of your comfort zone.

Do one thing you would normally never do. For example go on a walk while walking backwards or lay on top of your car while filling the gas tank. It shouldn't be something that stresses you out but it should take you a bit out of your comfort zone.

9. Declutter.

What's one area you've been meaning to clean or clear out? Tackle it. It can be a small space, a large space or just part of a space. Making room in our physical world often makes space for creativity to flow.

10. Laugh.

Laughter frees us up to be in and enjoy the moment. Stream a stand-up special, play some comedy clips on your phone or watch your favorite comedy movie - one that gets you laughing every time.