

# CREATIVITY CHECK LIST

## CHANGE IT UP

- \_\_\_\_\_ LISTEN TO NEW RADIO STATION FOR A DAY
- \_\_\_\_\_ TRY A NEW RESTAURANT
- \_\_\_\_\_ STRIKE UP A CONVERSATION WITH A STRANGER
- \_\_\_\_\_ GO TO LUNCH WITH CO-WORKER YOU DON'T KNOW VERY WELL
- \_\_\_\_\_ TRY A NEW HOBBY
- \_\_\_\_\_ PLAY A SPORT YOU NEVER HAVE BEFORE (YOGA? PILATES? PICKLE BALL?)
- \_\_\_\_\_ DRIVE TO WORK IN A NEW WAY
- \_\_\_\_\_ TAKE A DAY TRIP TO A PLACE YOU'VE NEVER BEEN
- \_\_\_\_\_ WATCH A DOCUMENTARY ON A SUBJECT YOU KNOW NOTHING ABOUT

## STOP SAYING NO

- \_\_\_\_\_ SAY YES TO EVERYTHING FOR AN ENTIRE DAY
- \_\_\_\_\_ READ "THE YEAR OF YES" BY SHONDA RHIMES
- \_\_\_\_\_ READ "REJECTION PROOF" BY JIA JIANG
- \_\_\_\_\_ DON'T INTERRUPT ANYONE AT WORK FOR AN ENTIRE WEEK
- \_\_\_\_\_ GO WITH YOUR GUT ON THE NEXT BIG DECISION
- \_\_\_\_\_ AGREE TO THE NEXT THING YOUR SPOUSE/PARTNER/CHILD SUGGESTS
- \_\_\_\_\_ SAY "YES AND" AT WORK EVERY DAY FOR A WEEK
- \_\_\_\_\_ ASK 2 PEOPLE FOR THEIR POINT OF VIEW TODAY

## TRUST YOURSELF

- \_\_\_\_\_ CREATE A PIECE OF ART THIS WEEKEND (DRAW, PAINT, JOURNAL, COLLAGE)
- \_\_\_\_\_ READ "BIG MAGIC" BY ELIZABETH GILBERT
- \_\_\_\_\_ GO TO A MUSEUM or GET OUT IN NATURE
- \_\_\_\_\_ SPEAK UP AND CONTRIBUTE A P.O.V. AT YOUR NEXT MEETING
- \_\_\_\_\_ COLOR, READ, PLAY WITH A CHILD
- \_\_\_\_\_ READ "STEAL LIKE AN ARTIST" BY AUSTIN KLEON