

Creativity

From Ordinary to Extraordinary



Creativity Inspiration, Activities, and Tips

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Introduction

How can you take your life from ordinary to extraordinary?

By setting your creative self free.

But how?



The readers on my blog ZenCopy are interested in the answer to that question, and you might be too.

First you might want to know, who am I, to answer that question?

I'm a writer with several published novels and I make a good living as an online writer. I have my M.A. in Educational Psychology, lead creativity workshops, and I believe in innovative solutions to every day issues.

In short, I breathe and live creatively.

And you can, too.

The objective of this e-book is to give you tips and inspiration that will help you set your creative self free - so you can take your life from ordinary, to extraordinary.

Your Creativity

Your creativity is there.
Waiting.



It might be hidden behind a door of fear,
or a wall of insecurity.

But I guarantee you, it's there.

Just waiting to come out and play.

The Plan

Ask yourself these questions...

Do you want to rediscover your full creative self?

Can you make friends with your fear?

Do you have reasons to be more creative?

Then keep reading...

Because... All good things come to those who risk.

Your Passion

Think about something creative you like to do.

Or that you used to like to do, if it's been awhile.

Maybe you like to paint, or design, or raise kids in a creative fashion, garden like no one's business, build furniture, shoot hoops, or take roads less traveled.



All things are open for creative expression.

It doesn't matter what creative passions you have, or even if anyone else would define your passion as creative.

All that matters is that your passions are a part of your creative self.

What's The Payoff?

You get your whole self back.

There are a whole lot of people who let fear rule their living.
Sure, they started out life as a creative being, like all children.

Then, somewhere along the way, amidst parental wishes,
peer pressure and societal demands,
they let other people's voices grow louder than their own.

When did you stop trusting to your own voice?

Over time your creative voice gets buried and you're left
with a vague feeling of unrest, a general anger, and fear.
The fear exists because your creative self, when left to roam free,
makes you stand out and we don't always embrace that which stands out.

Left to run free your creative self will urge you to say what you want
and yearns for you to produce something yummy - something extraordinary.

Something that doesn't fit. Something that doesn't blend.



**Something that just might
make the world a better
place.**

The big challenge

The manifestation of creativity forms in wholly unique ways as an expression of each individual.

The challenge is for you to allow yourself to express from your truest self

AND

to allow others the expression of their creative truth in ways that may be very different from your own.



Embrace your fear

Your fear self – the can'ts and won'ts and shouldn'ts and shoulds block your way. Your fear distracts your true extraordinary self.

The first step is to try not to resist or judge your fear.



Allow your fear self to exist and acknowledge it; not by judging, but by smiling and nodding a familiar hello as you mentally walk on by.

Fear has been your friend. When you embrace it, you are allowing fear self to be, without pushing, so it won't feel the need to be aggressive.

When most things are pushed, they push back. It takes two to fight.

So, do not deny your fear self, just acknowledge it,

Open the door

The next goal is to go boldly past that fear self and right up to the door which leads to your truest creative self.

And then open it.



But how do you open that door?

We've trained ourselves to jump through elaborate hoops in order to avoid facing our fears.

We build entire lives and scenarios of who we are based on avoiding fear.

What would happen, could happen, if we simply stopped avoiding?

What if, just this once, you didn't let fear tell you what to do?

Reverence

We revere people who put their true selves out there—well-known writers and athletes are examples of this.

We revere the ones that we sense, on some level, are accessing their truest selves and giving their extraordinary creative gifts to the world.

We revere great creativity because we know how brave that is.

And we wish we were that brave, too.

A Tiny Step

We may not be able to control our fear, but we can control how we react to it. We can be brave.

The first time is the hardest. It starts as a tiny step—not giving into one fear for just one moment.

Then the door to your true self starts to open and your creativity jumps and your muse can rise up, the heavens will open, celebration will rain upon the Earth and the cosmos will be forever altered.



Really.

The reason we are here, the reason we are born at all, is to offer to the world what comes from our creativity. Even when we're afraid.

And when we give the universe what we came here to give, even in small measure, it is always a celebration.

You have good reason to not give in to fear.

One Moment

Altering one routine thought, for even one moment, creates change.



Step around fear

Next time you feel that fear,
feel yourself start to turn away, to think,
“It would be so much easier not to do that,”

PAUSE.

And choose to do that one thing,
or follow that one idea,
or create that thing which started the fear.

Make yourself do it.

That is the key to opening the door.



It may feel like a lot of effort.
Too hard.

But the truth is, keeping fear in place is exhausting.
Fear drains creative energy.

When you move through the mountain of fear
energy is restored.

It Gets Easier

Every time you feel your fear and do it anyway, it'll get easier.

And if you override your fear enough, it'll become habit.

When you develop the good habit of embracing your creativity on a regular basis, you gain back trust in yourself.

And your unique creative self emerges.



Here are some amusing challenges and exercises to boost your creativity and blow out that fear.



Creativity boost 1 - **Warming it up** **What's Your Crayon Color?**

extrapolated from my Write to Done guest post –
[Get Wild. How to Set Your Creative Beast Free](#)

Now that we've decided to override the fear a little bit, let's get your creative-self warmed up and active.

Tools Needed: Crayons, Scrap Paper, and a Crazy Voice in Your Head

1. Dump out a pile of crayons.
2. Now, touch each crayon.
3. Think about what the color means to you.
4. What does it remind you of? Feel like? Smell like? What is it trying to be?
5. Now, give that crayon color a new name.
What do your voices say? Is it lazy-squid black or flattened-grass yellow?
Unlike in many places in life, here you are rewarded for ridiculousness and outrageous answers.
6. Find a piece of paper, scrap or otherwise.
7. Now, sign your name in that color. Your private-label color.
8. Hang it where you can enjoy it.



Creativity boost 2

Mind-bending Lists to Improve Creativity

Originally posted on ZenCopy.com – [25 Mind-Bending Lists to Improve Your Creativity](#)

You can use creative listing to expand your mind and strengthen the power of your creative thoughts. Pick one list to do each day, or one per week, or when you need it. Don't stress, don't spend more than 3 minutes on any one list. Just Go!

1. List all the things you can hear right now
2. List all the things that make you better as you age
3. List things that crumble in your hands
4. List mysterious things
5. List wet things
6. List things that hurt
7. List things that reflect
8. List all the things that sparkle under the evening sky
9. List things that live in shadows
10. List things that harmonize
11. List sour things.
12. List blue things.
13. List things with no blue
14. List things you wish had blue
15. List "squashy" things
16. List happy things
17. List cold things
18. List hot things
19. List morning things.
20. List things found in twos
21. List soft things
22. List nonsense things that rhyme with juice
23. List hairy things
24. List short things
25. List things that are awesome about you



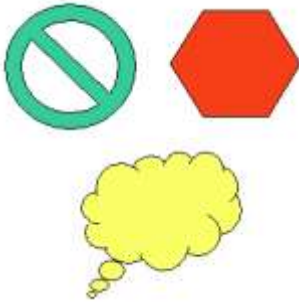
Creativity boost 3

Problem Solving – Seeing the Wood

Cliché - “you can’t see the wood for the trees.”

This activity helps you see things differently than you normally do. Seeing things differently will help you solve problems, creatively and otherwise.

1. Look at these shapes.



2. Write what you initially see.

3. Now, look at them in a fresh way.

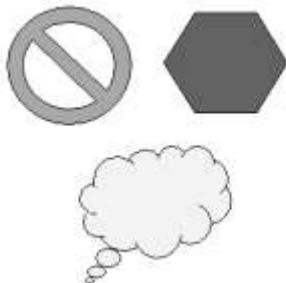
Look at them as one image, now what do you see?

Is there a story behind each image? What is the story?

What does each image make you feel?

4. If you change the colors do they mean something different?

5. What if you take away the color?



activity inspired by: <http://www.mftrou.com/creative-brainstorming-activities.html>



Creativity boost 4

Your Far-fetched Excuses

Remember the one where you couldn't turn in your homework because the dog peed on it? Well, now's your chance to go at it. Here you're going to have a grand time creating far-fetched excuses why you can't be creative and live an extraordinary life – to help you see why there is really is, no good reason not to.

Complete these statements.

1. I can't be creative because the whales are swimming too close to_____

_____.

2. Today I was going to be really creative but the weather was so hot that_____

_____.

3. I tried being creative once, but then the strangest thing happened. My _____

_____ and so _____

_____.

4. When I imagine myself as a creative person what I see is a _____

that always makes me _____ just

like a dog barking and so, I just have to stop.

5. The real reason I don't want to be extraordinary is that those darn pink flamingos

always _____

_____.



Creativity boost 5

6 Questions to Transform Yourself

Originally posted on ZenCopy.com – [Catapult Your Writing with these 6 Questions](#)

The following list of questions is designed to crack apart your routine. They may appear deceptively easy to you. But, they are designed to make you think more consciously about yourself and every word you choose.

1. When you close your eyes, what can you see more clearly?
2. If you were a mushroom, what would your belly feel like?
3. How would the room you are in be different, if you were not there?
4. Which do you prefer, a wink or a smile? Why?
5. If you could only use 20 words for the rest of your life, what words would they be?
6. If you knew you were going to die now and you only had time to leave one word on a piece of paper, what would the word be?

The process of going from thinking about things differently (question 1), to recognizing the potential true power of even a single word (question 6), requires conscious thought.

One of the great things about this set of questions is that you can use them over and over because the answers will change with you, your mood, the day, the phase of your life.

Use these questions to crack apart your routine, inspire conscious thought, kick-start your creativity, and bring a greater depth to your writing.

conclusion

Your extraordinary creative legacy

The creative life not taken, is the ordinary life.

It is a life of regrets and unfulfilled passions.

So don't just aim to open one door, open all your personal doors.



Set your creative self free and live the legacy you were born to live.

Help unleash the world's creativity

This ebook is free and I'd love for you to send it to as many people as possible because creativity is important.

Creativity creates innovation.
Creativity improves the world.
Creativity is our right as human beings.

If you enjoyed this creativity manifesto:

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Create ways to pass this along.
Help your friends, readers, followers be their best creative self.

And live extraordinarily.

Special thanks

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Also, thank you for my fellow A-list bloggers – an awesome blogging group whose support and input gave me a hit I needed. You can help support my writing by [using this A-list affiliate link](#).

The obligatory legal stuff

You have my permission to share this e-book,
but please don't resell it.

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but feel free to excerpt it as you wish.

And for more information and conversations about creativity visit zencopy.com.

Thank you.

About Me - Karen Daniels

At age 52 I went back to school to obtain a Masters in educational psychology, meanwhile wrangling 3 kids under age 4 at home.



I have 4 published books done the old fashioned way on paper through a publisher including *The Zaddack Tales - Dancing Suns*, *Mentor's Lair*, and *Mindspark*, which are easy-reading spiritual science fiction. And then there is the story about Baybo, *The Baby About to Be Born*, which is a story for families created with in-vitro fertilization and adoption. I am also an internationally published poet and have embraced the social media space and am an online content specialist.

My friends consider me renegade, spiritual, and yes, a bit odd.
My creative beast is free, and writing is my path of expression.
My crayon color is Cabernet Quest.

You can read more about me on my websites:

Writing Services: KarenDaniels.com

Blog: Zencopy.com, your write to success

