



## 3 Actionable Items to Refresh Your Creativity

### 1. Re-frame

You seem to go from project to project, never completing any. You feel stagnant and others seem to think you are unfocused and undisciplined. In reality you may be a multi-gifted creative, a “Renaissance Soul” as defined by the author Margaret Lobenstine.

In her book *The Renaissance Soul: How to Make Your Passions Your Life*, Ms. Lobenstine contrasts Mozart and Benjamin Franklin. Mozart had one passion which he pursued his entire life. Benjamin Franklin had many interests, was multi-talented and versatile. Each added great value to humankind.

See your gifts and talents in a new light. As a “Renaissance Soul”, you have a preference for variety and seek new challenges with the potential for growth. Then, when you master the newly- acquired skillset, you become bored and need to find another project so that you can attain a new level of personal success. By re-framing what has seemed like a frustrating and limiting trait in the past, you can now work with your natural tendencies to continue your personal growth and liberate your creativity.

### 2. Re-engage

Don't allow yourself to be stumped by a plateau in your creative process. We all come up against what the author Steven Pressfield calls “Resistance”, and sometimes it wins.

If you're waiting for motivation or inspiration to strike, try some behavioral change instead. Gather your tools, lay them out around you, use a sensory aid such as music or aroma, and do one action. Just one simple action. Allow yourself the luxury to enjoy the first phases of the process. Once you begin, you may feel the creative flow moving you forward.

Trying to write? Open the text editor or word processor, just type your favorite word. Explain why that word is your favorite: define it, use it in a sentence, write a paragraph about it, explain its value to an alien from the future.

Make a list of words you will never use in your writing. Revisit words that you relied on in the past. Slang, profanity, or annoying words you are tired of hearing.

Write a non-sensical group of words. Change the font size on every third word, change the color, try to read it as a secret code with some hidden meaning. Type another word and list every word you can think of that rhymes with it. Make yourself laugh with goofiness. Do you get the idea that you need to play in the process?

Experiment and play in the creative process - it's a great way to spark a new idea. You'll be impressed with what might come out of it.

### 3. Release

Fear of criticism may be stopping you from offering your artistic gifts to the world. There are plenty of critical people in our environment, but your inner critic may be the harshest of them all. Be aware of your inner scripts, those little phrases you say or names you may hear in your head. Kick them to the curb and replace them with your new mantra "Art Abandonment".



Learn to let go of the final art product. Letting go can free you from worry about whether anyone will like your work. This group of artists takes generosity to a new creative level. Giving your art to the world in anonymity can release your creative spirit to go on to the next project. It can be the impetus to productivity. If you are stuck, give it a try. Connecting with other artists may be the push you need. The Art Abandonment group can be found on Facebook at:

<https://www.facebook.com/groups/ArtAbandonment>

Engage. Explore. Enjoy and rejuvenate your creative process!

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