

CONFIDENTLY CREATIVE

Creating your own creative space.

You can't schedule creativity.

Determination means nothing if you are not in the right mindset.

(I know, because I'm a REALLY determined woman.) You can't force the creative process.

Creativity is like a stubborn child. It needs quiet time, playtime, nap time, time outdoors, and time to release all of its energy before it can go to bed. Most of us sit behind a laptop, stare at the screen and say "Let's be creative," but we are typically staring at a TV screen, flipping through our social media, and wonder why we're not being creative enough.

You CAN create the right environment for creativity. You CAN put together a routine to help the creative process along. You hear about authors going to the lake, the ocean or the mountains to write. They find solitude and they're also closer to nature - to the essence of who they are as humans. They find the open space to let their brains free.

Your turn. Follow these steps and let's make creative magic together.

I am confidently creative.

1	Make a commitment every day to make the time.	Do it with me. Put it on your calendar. Set your alarm to wake you up early. Find time after everyone's asleep or before everyone wakes up. The middle of the day won't work, so plan ahead. And set an allotted amount of time for your creative time. Set a timer so you don't wonder if you've gone over the time you wanted to spend.
2	Write your Big Ideas list.	This is a to-do list of sorts. This can be on a white board or somewhere digital (Evernote, Notes, Quip, your calendar, whatever.) It can be a running list of things you need to do during your creative time. Keep it updated - cross off what you finish and add to it as you're inspired. Anything that comes to mind, add it. No judgment.
3	Get out a clean sheet of paper.	Don't do this digitally. No phones, no notifications, no distractions. Do this in our journal, on a white board, or on a piece of printer paper. Write down ONLY the things you want to work on during your creative space. If you have an hour, focus on one thing. If you have three hours, maybe write a few. Give yourself a few ideas in case one doesn't fit your brain space for that moment. And do this the night before you plan to start (or earlier in the day if you want to use evening hours.) You'll want to dive right in when you have the creative space. No need creating this list and eating up that valuable time.
4	Sit in a specific place.	Find a comfy space - somewhere you won't fall asleep. Try using the same space every time - but take your time making it your creative space. Make sure it has everything you need so you don't have to get up. Bring your drink of choice, a bottle of water, & a snack. Use the bathroom before you start. Have your laptop, your notebook & pens, your sketchpad, your canvas & paints, your favorite quote, and a candle. Make it your creative space.

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5	If writing, put your laptop on DND & airplane mode.	No phones allowed. No wifi allowed. No notifications allowed. This is your time to be creative from your brain space. Use your notebook to write with a pen instead of your laptop if you think that's easier. If you're doing design, use a sketchpad first. Whatever it takes to let your brain stay away from the outer world.
6	Make notes of things to look up later.	Inevitably, you're going to want to Google something. But then you'll get distracted. Make a note in your journal or on a sticky so you remember to look it up later. Note it in your document.
7	If writing, use a simple writing system - and save.	Download Quip or Evernote or whatever system you like using. Every once in awhile, back up what you're writing in a different system. I use Quip to write but I always copy the whole thing into Notes JUST IN CASE something happens.
8	Take a moment to meditate.	Before you get started, set a timer for 5, 10, 15, 20 minutes and just sit in your creative space. You can add nature sounds, or just sit in silence. Take 3 deep breaths before you start and enjoy the stillness. When you find yourself distracted, thank the distraction for showing up and let it go. Enjoy that space for the time you take and then jump into your process.
9	Celebrate.	When you're done, cross off what you did from your Big Ideas list. And celebrate. (I tend to move to the next thing, so I'm really going to focus on this one.) Celebrating the time you made for this creativity and for what came out of it - even if it wasn't what you planned.
10	Rinse & repeat.	Plan again for the next day. Use the space. And do it again. Keep going - and hopefully it becomes a habit.

Share your celebrations with **#ConfidentlyCreative**. Feel free to tag me so I can celebrate with you: **@melaniespring**.

Want to get your creativity out to the world? Sign up for **SPEAK With Confidence**.



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