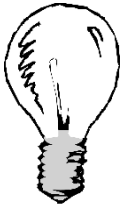


5 Steps in the Creativity Process

1. Inspiration

Where do your ideas come from? Watch a movie. Flip through a magazine. Take a walk in nature. Watch a child or pet play. Take a different way home. Take the same way home and try to see something you've never noticed before. Do your routines out of order.



2. Germination

Take time to determine which creative activity you wish to pursue. What will excite you? Relax you? Motivate you? Give you the feeling of accomplishing something new and/or unexpected? Consult a friend, partner, or family member for feedback or suggestions.



3. Preparation

Which tools or supplies will you need? What do you actually need to acquire? Where can you use what you have on hand to make due? Perhaps a trip to the art supply store will inspire you to take your idea in a new direction.



4. Creation

Now comes the time for the making. Whatever it is: a window box, an ornament, a bag, lunch using a recipe you've never used before, a short story, a clean closet, a place for creating, a doghouse, revamping a thrift store treasure, a database.



5. Reflection

Be sure to take some time once your creating is done, or paused for the moment, to reflect on your process. How did you come up with your idea? What sparked your imagination to do/create that thing? How did it turn out? What can you do differently next time? What does this creation inspire you to try next time?

