

Is It Time to Bring More Creativity Into Your Life?

by Laura Orsini

A child's world is fresh and new and beautiful, full of wonder and excitement. It is our misfortune that for most of us that clear-eyed vision, that true instinct for what is beautiful and awe-inspiring, is dimmed and even lost before we reach adulthood.

— *Rachel Carson*

Do you live an inspired life? If not, do you long to?

The word *inspire* has many meanings, a few of which are: to affect, guide, or arouse by divine influence; to fill with enlivening or exalting emotion; to be the cause or source of; to bring about.

Likewise, the word *creativity* has several definitions: the act of inventing or imagining; the ability to see the same thing as everybody else but to think something new or different; the action of combining previously uncombined elements; the ability to generate novel and useful ideas and solutions to everyday problems and challenges.

When we speak of creativity, often the first thought that comes to mind has something to do with arts and crafts, finger painting, or crocheting. The fact of the matter is that creativity is much broader than simply performing a craft or creating something. Creativity is an attitude. Inspiration is an attitude.

As I see it, creativity has three components:

- Creativity is making, inventing, or designing something – or seeing the old in a new way.
- Creativity requires openness and the ability to tune into your intuition. It requires that you let go of pre-conceived ideas.
- Creativity must be infused with joy. By the way, joy means delight, bliss, happiness, emotion evoked by well-being, success, or good fortune.

Do you live intuitively, creating fresh opportunities and experiences at every chance,



always on the lookout for a new idea, restaurant, recipe, way to tie a scarf? Or has your life become routine, each day more or less a replica of the previous one?

Often the pressures of day-to-day life drive us into a rut. Sometimes, without our even realizing it, we wake up and find that our lives have become boring. But there are easy things you can do to get out of that stagnant place and give your life an energy injection.

Following are a few suggestions, some simpler than others. Do any or all of them. Use them to inspire your own list of ideas for ways to bring interest and livelihood back into your life. Whatever you do, realize that all of life is a choice. You can remain in your comfortable but mundane routine, or you can live an inspired, creative life.

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Ways to Bring Creativity (Back) Into Your Life

1. Personalize your work space, making it colorful and fun. Use plants, pictures, your kids' drawings, vacation souvenirs, etc.
2. Take a different way home from work tonight.
3. Meditate.
4. Lie down on the grass and identify shapes in the clouds.
5. Go browse in a toy store – without the kids.
6. Read a book or watch a movie from a genre you usually avoid.
7. Go shopping for cute socks, new earrings, a bright new tie.
8. Test drive a car just for the fun/experience of it.
9. Plant sunflowers in your front yard.
10. Get some crayons and color in a coloring book.
11. Hit the bargain rack at a record store and test out a new kind of music.
12. Take a walk in your neighborhood and observe something you've never noticed before.
13. Sing in the shower.
14. Rearrange the furniture in one room of your house.
15. Visit a costume shop – in June.
16. Journal.
17. Go to your favorite restaurant – and order something you've never ordered before.
18. Buy a sketch pad. Carry it with you. Use it – even if you think you can't draw.
19. Learn a new language. There are great tapes/CDs available at the library.
20. Buy or build a bird feeder and hang it in your yard.

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