



Unglued

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WORKS

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Location, Location, Location

I was once in the habit of daily journaling first thing in the morning for about 45 minutes. Suggested by Julia Cameron’s book, **The Artist’s Way**, for the year or more that I did it, it fulfilled all that the book promised. It helped me center myself for the day, dump from my head a lot of leftovers from the day before, and even, on occasion, do some creative thinking. That’s why I’m recreating the habit this year.

I have found that by varying where I do my writing – office, family room, kitchen, or coffee house – I can also expect a different experience and different results. My attention will inevitably stray to my surroundings, which may cause my thinking to shift to related topics. I like that. It seems to enrich the writing. Though my aim is not (usually) to produce anything profoundly interesting, sometimes I’m surprised and delighted to do exactly that.

This little experiment illustrates one of the practices involved in creative thinking: vary your location, and your sensory stimuli, to see your problem or project in a different light. Then, be open to unexpected connections that may suggest a different solution. Focusing too hard for too long on a problem may be just what you don’t need. Take a walk, go to the library, have a conversation, while all the time your problem or project is there in the background. The multitasking in your brain is likely to stimulate a new thought.

If you supervise others, be sensitive to their need for creative mind breaks and avoid the temptation to automatically shoe loiterers back to their cubicles. Some companies that value creativity and innovation have play spaces with toys and games where those needing a mental break with different stimuli can retreat.

In what ways do you open yourself to different stimuli and new ways of thinking? If you have a tip you’d like to share, please email me (sue@cocreativeworks.com), putting “Creativity Tip” in the subject line.

If you need a coach or facilitator to help you get the best from yourself or your people, please email or call me at 801-209-3062.

Have a stimulating month!

Sue Martin