Get your creative groove on

Or how to stop worrying and learn to love the backlog
Overwhelmed
Low energy
Bored
A desperate feeling that I’m wasting time
Distracted
Unable to focus
Feeling guilty for not appreciating what I have
Creativity is just connecting things.

~Steve Jobs
Flow

Adapted from Massimini & Carli 1988; Csikszentmihalyi 1990.
The Three Components of Creativity

- Expertise
- Creative-Thinking skills
- Motivation

Adapted from Amabile 1998
Why Creativity?

“If we really want to live, we’d better start at once to try; If we don’t, it doesn’t matter, but we’d better start to die.”

~W. H. Auden
Methods

Self-Discovery
Organization
Time
Attention
Self-discovery

Twyla Tharp - Creative Autobiography
Which artists do you admire most?
Why are they your role models?
Julia Cameron – Morning Pages

... our ability to grow is directly proportional to an ability to entertain the uncomfortable.
~Twyla Tharp
Your mind is for having ideas, not for holding them.

~ David Allen
Time

Keeping Track of Time
Doing Creative Work First

We say we waste time, but that is impossible.
We waste ourselves.

~ Alice Bloch
Attention

Rituals

To pay attention, this is our endless and proper work.
~ Mary Oliver
It is impossible to separate the experience of being human from the intrinsic need to find expression. We are – it seems – wired to make. Something. Anything.  

~Todd Henry