

## Worksheet for Unblocking Creativity

Let's face it, for most of us our first thought is "I'm not creative or I'm not as creative as so-and-so."

Oy. Here are two ways to unblock your creativity.

1. I once assigned a client the exercise of writing a poem about how uncreative she was. She came back having written more pages than any other writing assignment in her life. And she loved the experience and her creation! So here's the thing. We are creative. We all are. The trick is how to unblock it. So in this exercise go ahead and express how uncreative you are – and remember to enjoy yourself while you do.

If you are a writer, take some time to write about how "uncreative" you are. If you are an artist, take some time to create the most "uncreative" piece of art you can imagine. If you are a performing artist, express how "uncreatively" you can perform a dance, or become a character, etc. When you are through, take a minute to notice how you feel and how you felt through the process. What shifts, changes, or movements did you experience?

2. Do a body scan of your body. How do you feel? How does your body feel?

Think about creativity. What happens in your body? Think about your creativity. What happens in your body? Do you notice a freezing sensation? What happens to your breathing? Whatever it is, it's okay. Accept that that's where you are right now. In fact, take a breath into that and be curious about whatever you feel – or don't feel. Now, what happens if you breathe in a new way? You could breathe in through your nostrils and when you breathe out you could wiggle. Think of something you find fascinating. Notice your breathing. Is it different than before? Hmmm. You changed it and created a new experience. Aren't you creative! Is there a way you want to memorialize this moment? Write, sing, act, or dance? If so, I invite you to do it. Remember that the end product is not important. In fact, if you don't want to do anything, that's great. If you do, that's great. The purpose of this exercise is to give yourself and your creativity attention. I invite you to enjoy focusing on yourself and witnessing the pleasure you experience in exploring your creativity.