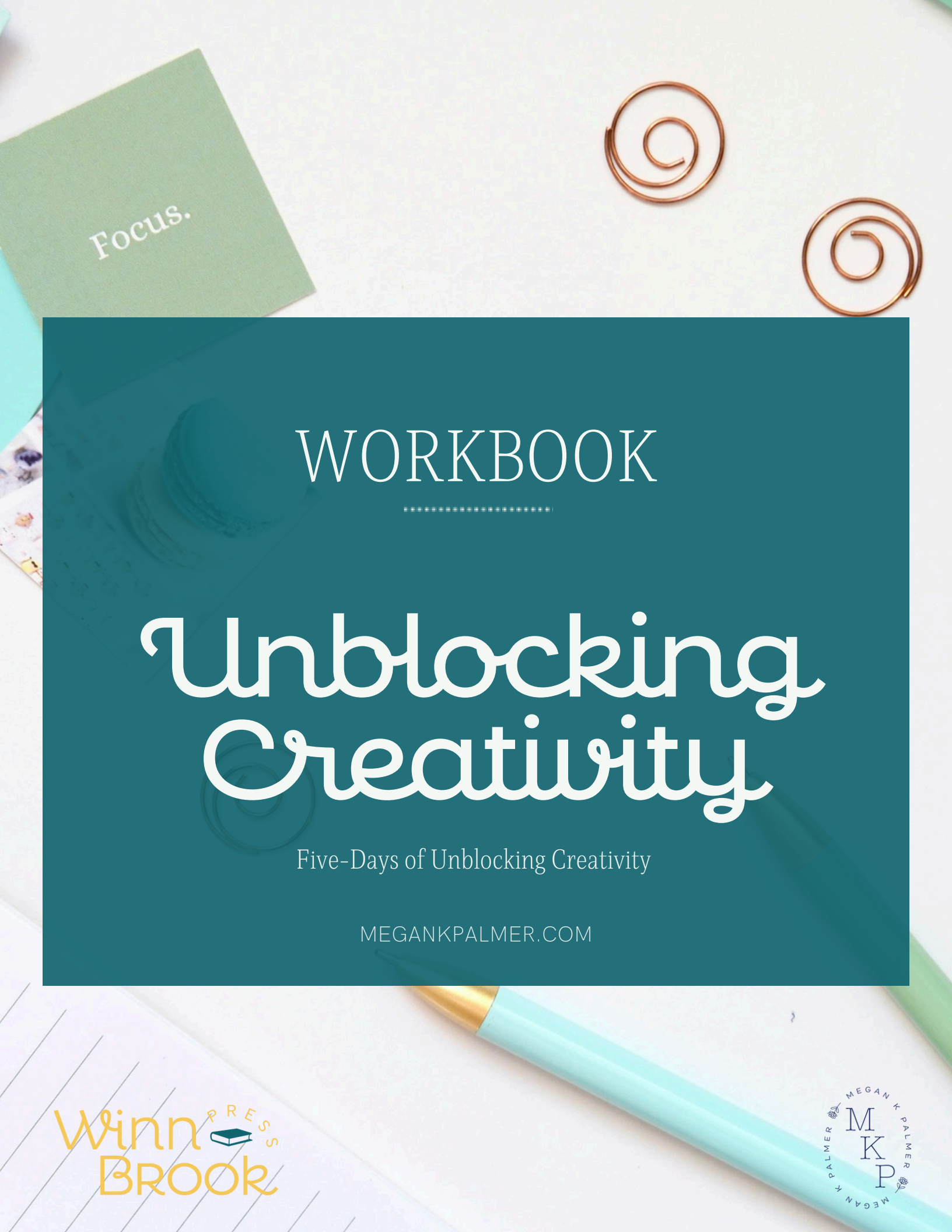


WORKBOOK

Unblocking Creativity

Five-Days of Unblocking Creativity

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Winn Brook Press

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Welcome

Looking to rekindle your creativity? My hope is that through these five exercises you'll be able to reconnect with yourself and take time to be creative. Creativity is defined by being innovative and useful. Innovation often comes unexpetedly and can be useful in many facets of your life.

"When it comes to creativity, no effort is ever wasted. Ever. Every unfinished manuscript, sunk business, crumpled charcoal drawing, or abandoned musical instrument represents progress. Once you understand that your entire creative journey – every clueless mistake, every stinging failure – is an essential part of your path."
– Chase Jarvis

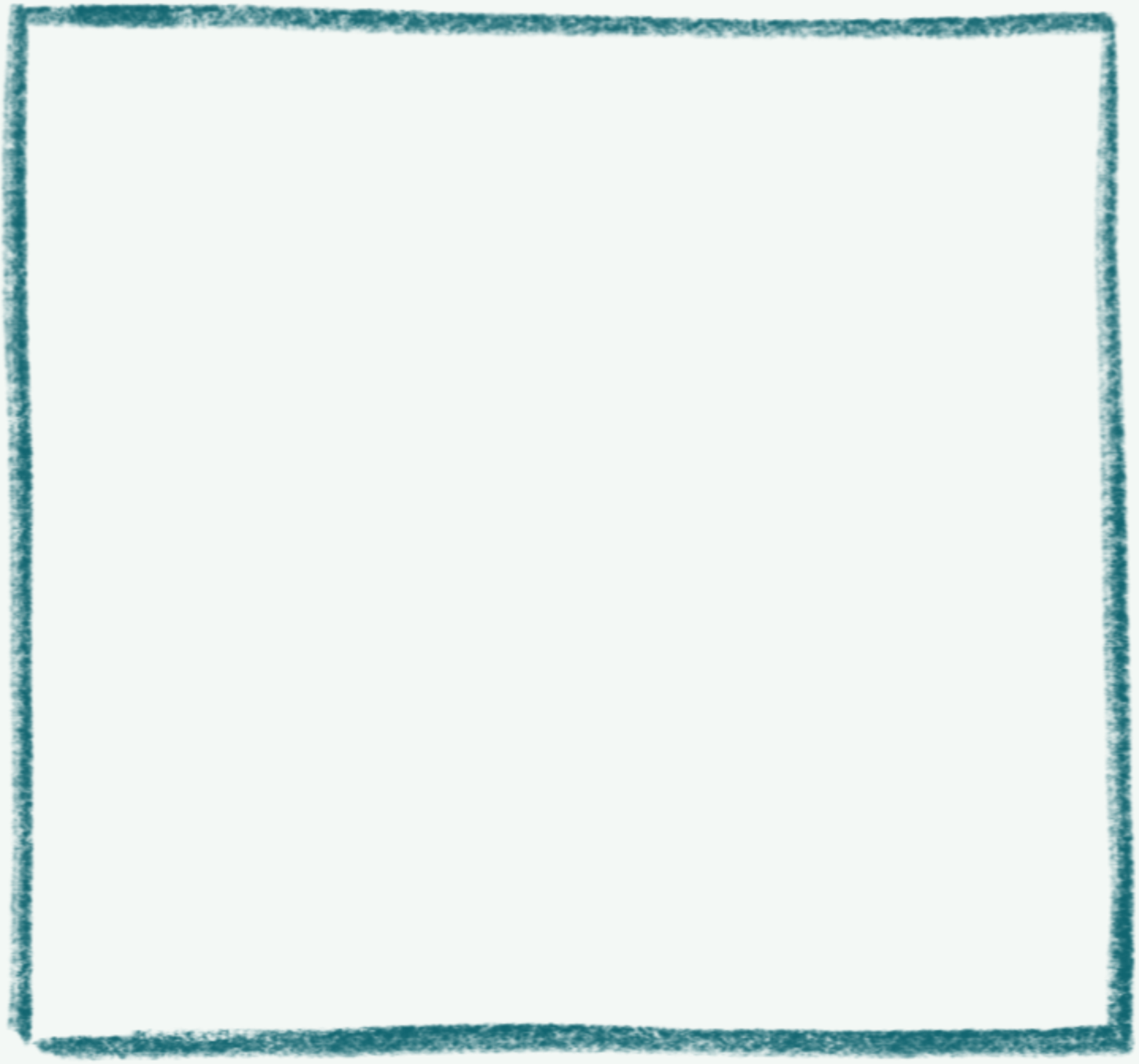
This is your reminder that your creative time is worth it. You're worth it! Happy Creating!

Your Creative Co-Conspirator,

Megan K Palmer

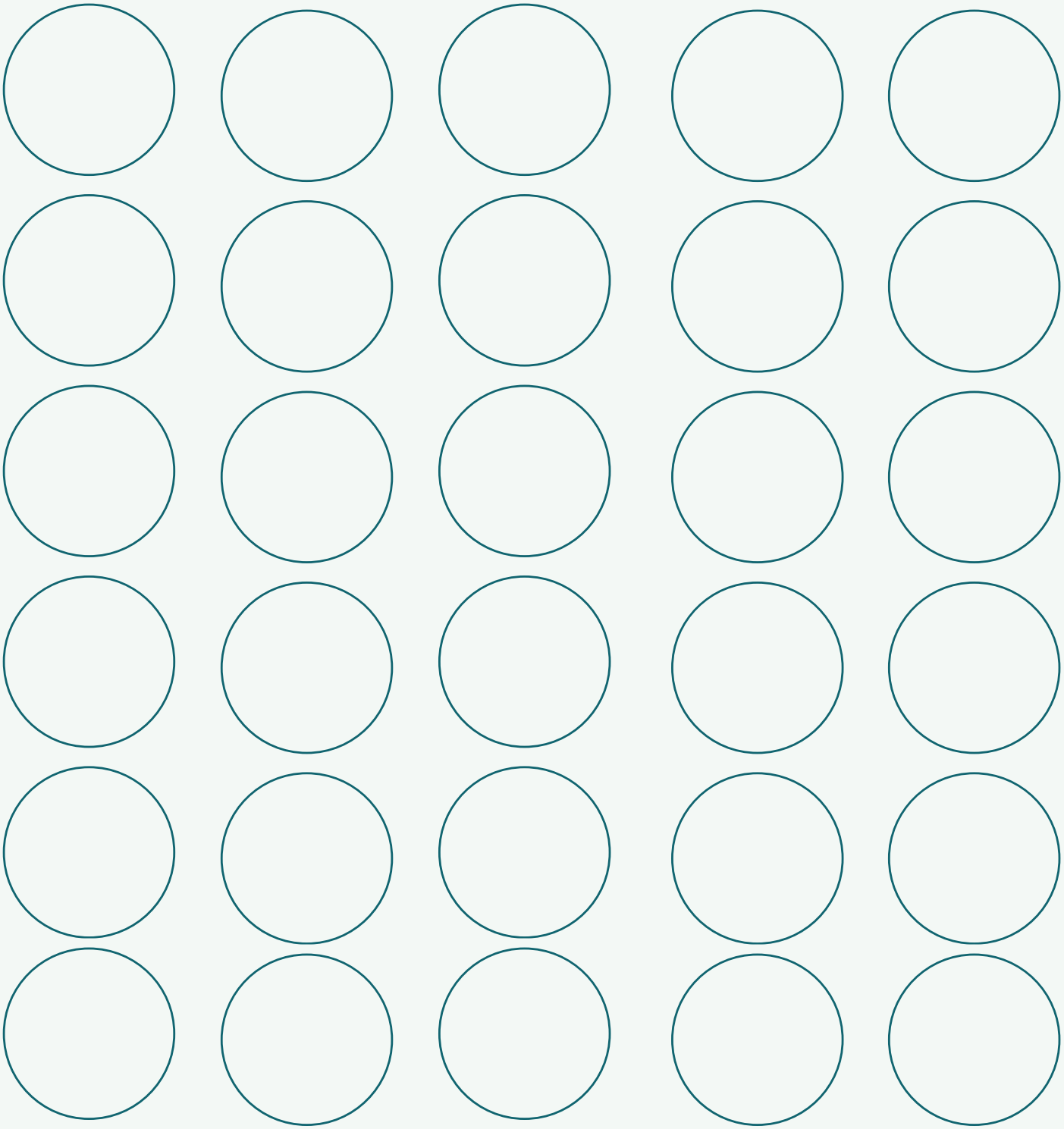
Day 1: Brain Dump

Take time to just write your thoughts down or even draw them out–this will help you get down in words what you're thinking. Oftentimes, you'll find that just putting any thoughts and anxieties down on paper will help you figure out your next steps.



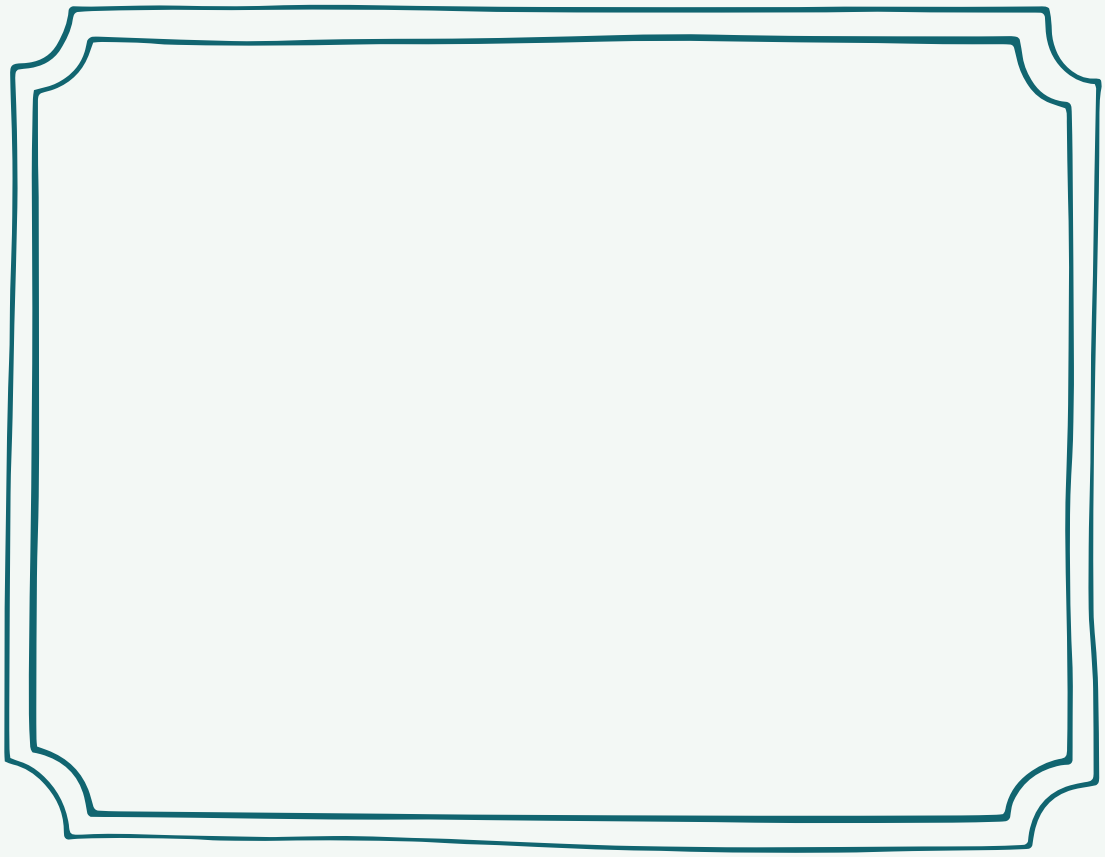
Day 2: 30 Circles

Fill 30 circles--set a timer for one minute and try to fill each of these circles. You can do them by theme (faces, plates, etc) or in any way you want. Be random! The point of this exercise is to expand creativity. (Based on work by Bob McKim.)



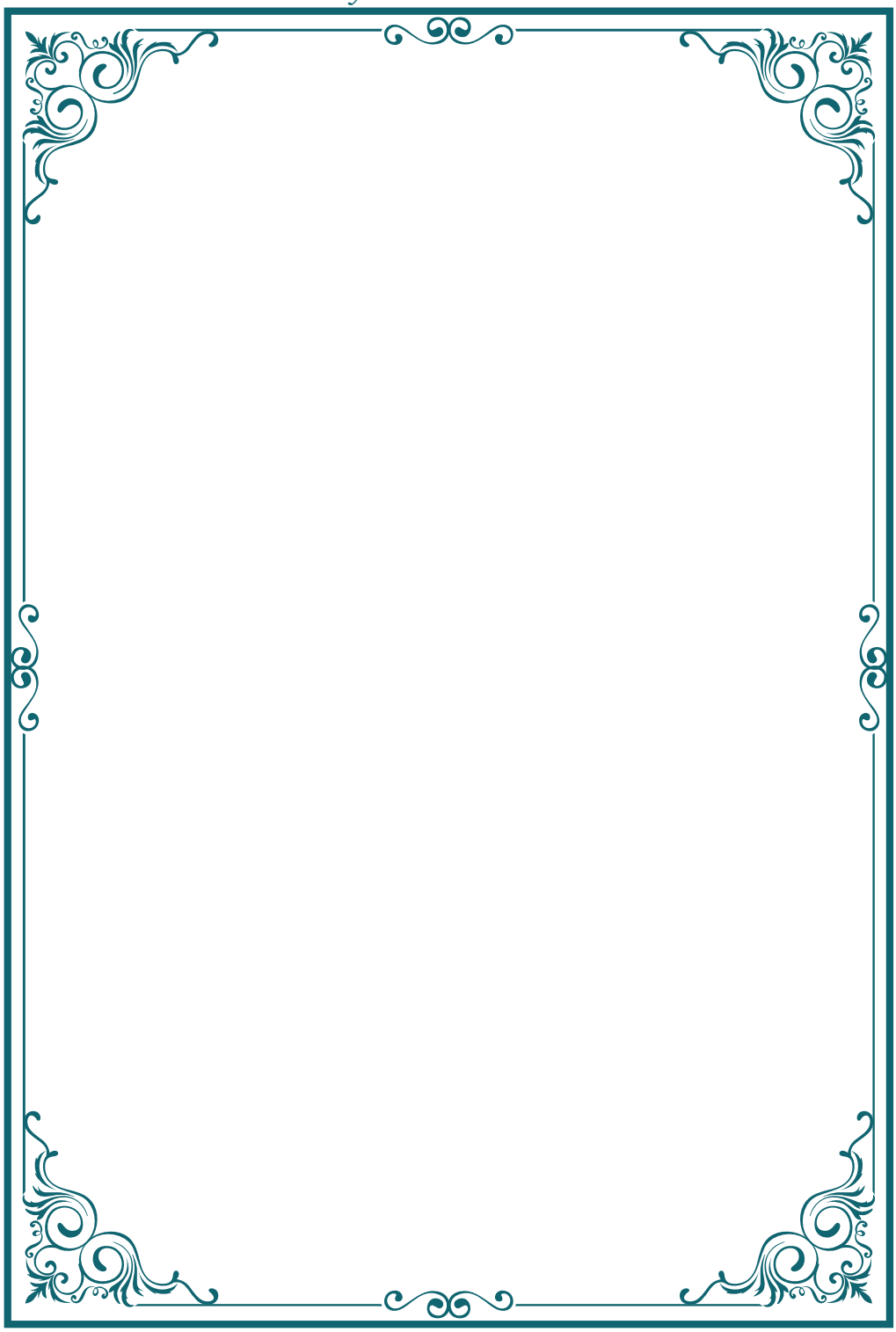
Day 3: Slow Looking

Find an everyday object like a mug, a pencil, or something you can see near you. Set a timer for one full minute. Try drawing it with the details that stand out to you. Slow-looking is a way of capturing small things that you might otherwise overlook. (Based on work by Shari Tishman from Harvard's Project Zero.)



Day 4: Write a Letter

Write a letter or make a picture for your 7-year-old self. What creative advice would you have? What would you want that version of you to know based on where you are now about creativity?



Day 5: Reflection

- *What did you notice about your own creativity?*
- *What are some barriers you're finding to creating?*
- *What insights did you gain through these exercises?*
- *Why do you want to be creative?*
- *What more can you do to set up your own creative practice that would restore your energy and create joy in your life?*

Thank you for showing up!

I've developed a creativity journal that goes through twelve different mindset shifts. Are you looking for more creativity in your life? I'm currently searching for journal beta testers. Would you be interested in trying it out for FREE and giving feedback? If so, sign-up by going to megankpalmer.com/contact.

I'll be launching a Kickstarter in Fall 2027 for the final version. This is a passion project that I hope will help you reconnect with your creative self.

STAY TUNED!

MEGAN K PALMER, ED.M

"CREATIVITY IS CONTAGIOUS, PASS IT ON." — ALBERT EINSTEIN



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Contact Me

Did this help? Have any questions? Send me an email and let me know.

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