

# CREATIVITY IN PRACTICE

## WORKSHEET

# CREATIVITY IN PRACTICE



**Are you wondering how to be more creative? Are you interested to try several creative activities? If yes, you have the right worksheet.**

**If you would like to explore the topic of creativity more feel welcome to schedule free online talk to start your creative journey.**

# CREATIVITY IN PRACTICE - DAILY LIFE

## ACTIVITY 1: PLAY WITH THE 'ORDINARY'

CHOOSE YOUR FAVOURITE  
OBJECT E.G. YOUR COFFEE  
CUP, TAKE A MOMENT  
TO LOOK AT IT AND IN NEXT  
STEP TRY TO:

- DRAW IT;
- DESCRIBE IT IN LESS  
THAN 50 WORDS;
- SELL IT = TRY TO COME  
UP WITH SHORT ADVERTISEMENT -  
LESS THAN 10 WORDS.

# CREATIVITY IN PRACTICE - DAILY LIFE

## ACTIVITY 2: CHALLENGE YOURSELF, CHANGE YOUR ROUTINE

OUR LIVES ARE FULL PATTERNS,  
ROUTINES, TRY TO:

- TAKE DIFFERENT ROUTE  
TO YOUR JOB;
- BUY YOUR STUFF IN  
OTHER SHOP;
- CHANGE YOUR FAVOURITE  
ENVIRONMENT  
E.G. YOU DO NOT LIKE  
LISTEN TO MUSIC WHILE  
WORKING - TRY IT TODAY.

# CREATIVITY IN PRACTICE - WORK LIFE



**ACTIVITY 3:  
MAKE VISUALIZATION PART  
OF YOUR WORK**

**BEFORE YOU START TO  
WORK ON NEW PROJECT,  
HAVE A MEETING:**

**TRY TO DRAW, SKETCH,  
MAKE A COLLAGE,  
OR USE PHOTOS AS  
A WAY OF BRAINSTORMING.**

**NO WORDS THIS TIME.**

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# CREATIVITY IN PRACTICE - WORK LIFE

## ACTIVITY 4: GO FOR MORE IDEAS

ONE IDEA IS NOT ENOUGH  
10 IDEAS ARE NOT ENOUGH

IF YOU ARE LOOKING  
FOR NEW IDEAS PUSH  
YOURSELF FOR MORE

- 50 NEW IDEAS FOR  
A START.

# CREATIVITY IN PRACTICE - WORK LIFE



## ACTIVITY 5: PLAY INSIDE YOUR BOX

'THINK OUTSIDE OF THE BOX'  
IS FAMOUS SAYING  
BUT FOR TODAY FORGET IT.

FOR A START MAKE  
A LIST OF ALL RESOURCES  
THAT YOU HAVE AND  
AFTER LOOK FOR  
NEW COMBINATIONS.

DO NOT ADD ANYTHING  
WHAT YOU DO NOT HAVE  
RIGHT NOW.

# CREATIVITY IN PRACTICE - WORK LIFE



**ACTIVITY 6:  
CHANGE YOUR PERSPECTIVE -  
BECOME SOMEONE ELSE**

**PUT YOURSELF IN OTHER  
PERSON SHOES.**

**IMAGINE  
BEING AGAIN CHILD  
AND FEELING FEARLESS  
OR STEP INTO SHOES  
YOUR TARGET GROUP  
AND THINK WHAT THEY  
SEE EVERY DAY,  
FEEL EVERY DAY,  
DEAL WITH EVERY DAY.**