

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.**