

Creativity is a skill you learn, not a talent you nurture. By following your curiosity, you will uncover ideas that spark your imagination. Creatives understand that nothing comes from nowhere. Ideas are a progression of experiences, and nothing is completely original.

The exercises in this workbook will help you discover the next big idea.

-- Elizabeth Tuico
Rebel Road Creative

It seems like the world is crumbling out there, but it is actually a really great time in your life to get a little crazy, follow your curiosity and be ambitious about it.

-- Larry Page (Google)

Ideas come from everything.

-- Alfred Hitchcock

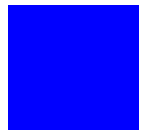
*The question isn't who is going to let me;
It's who is going to stop me. -- Ayn Rand*

Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen.

-- John Steinbeck

It's better to create something that others criticize than to create nothing and criticize others. -- Ricky Gervais

*To invent, you need a good imagination and a pile of junk. ...
There's a way to do it better – find it. -- Thomas Edison*





Write a stream of consciousness page – whatever comes to mind.
Forget about grammar and punctuation. Go!

A large, empty rectangular box with a black border, intended for writing a stream of consciousness page.



Write down the best thing that happened to you yesterday:

Last month:

In the past year:

In my life:



What makes you happy?

What drains you?

(Do more of this)

(Do less of this)



Write your favorite quote here:

Say it five different ways:

1.

2.

3.

4.

5.



When was the last time you...

Connected with an old friend

Laughed out loud

Read a good book

Made pancakes

Walked in the rain without an umbrella

Saw the sunrise

Turned your device off ALL day

Took an impromptu trip (less than 24 hours of planning)

Danced

Went to the beach / lake

Spent a weekend NOT looking at your social media accounts



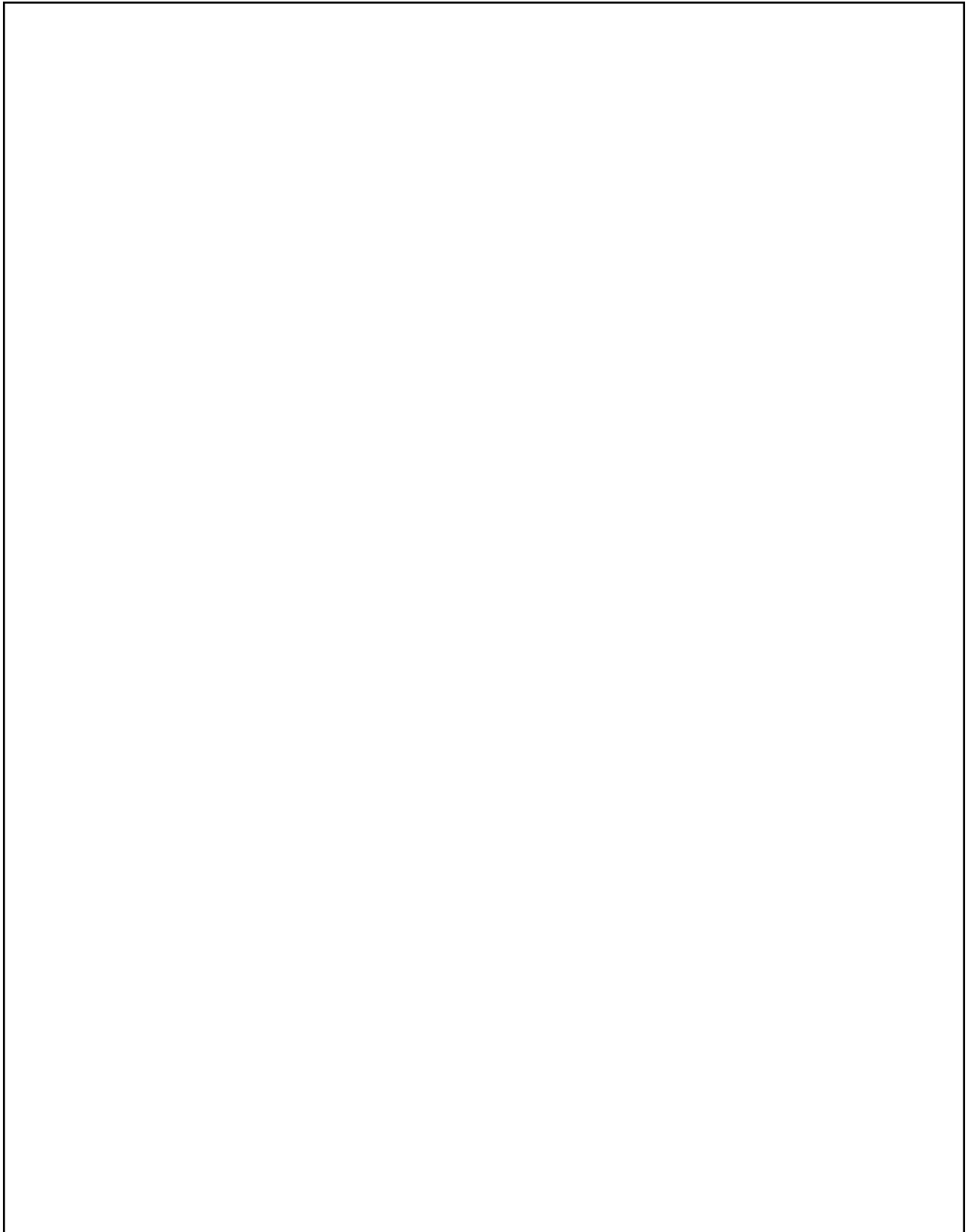
Confessions

Sometimes releasing ourselves from things we've been holding onto can help us regain momentum.

Nobody Knows That I...



Collect a bunch of things from your recycling bin. Combine them together with tape or glue to make an abstract sculpture. Take a picture of it and place it here.



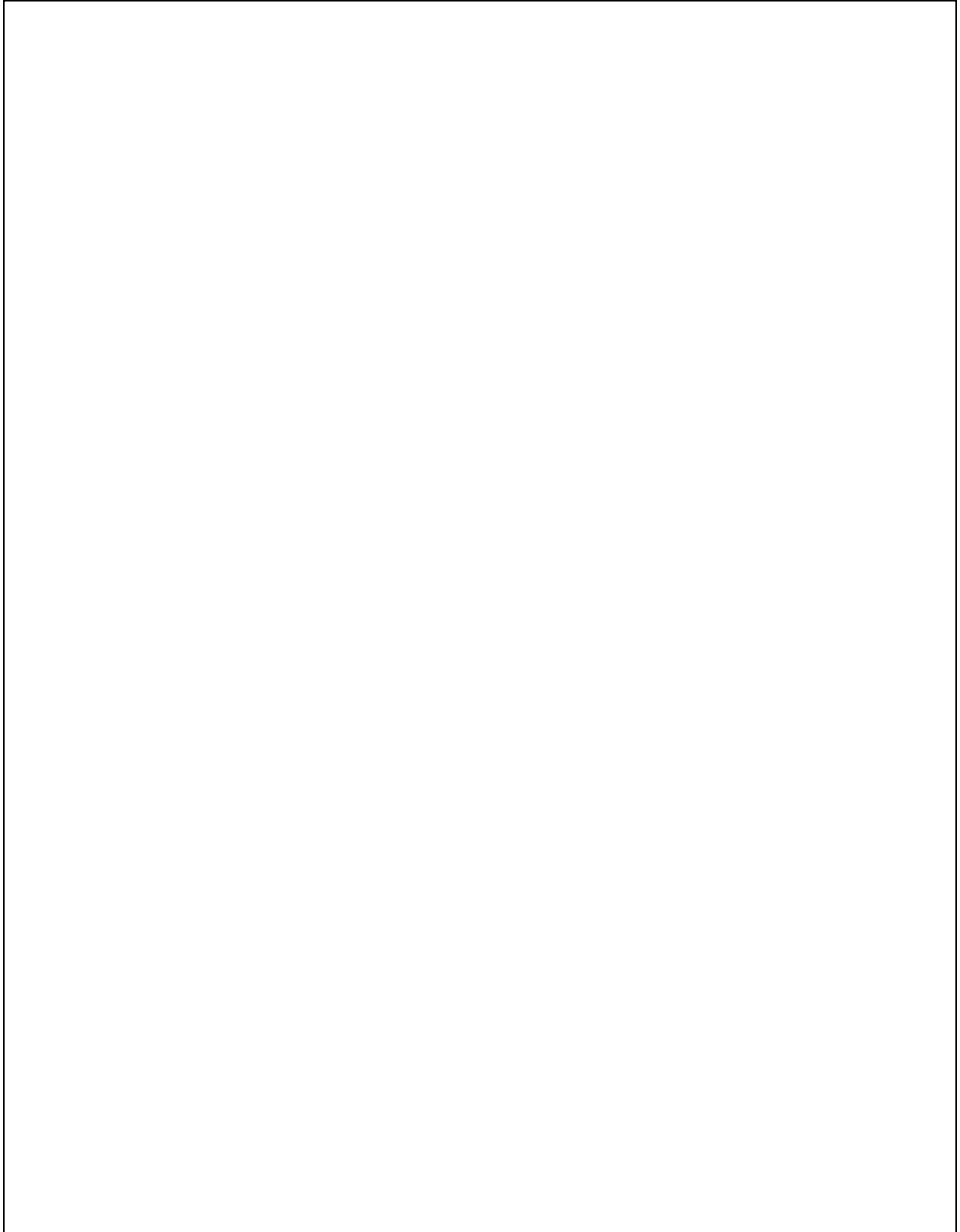


Write new lyrics to a song you love.

A large, empty rectangular box with a black border, intended for writing new lyrics to a song.



Browse the online collection of your favorite museum. Select a painting and rework it. Try pointillism (small distinct dots), cubism, abstract expressionism or whatever you fancy.





Before you go to sleep, write down a problem you want to solve. When you wake up, write down the solution.

A large, empty rectangular box with a black border, intended for writing a problem and its solution.



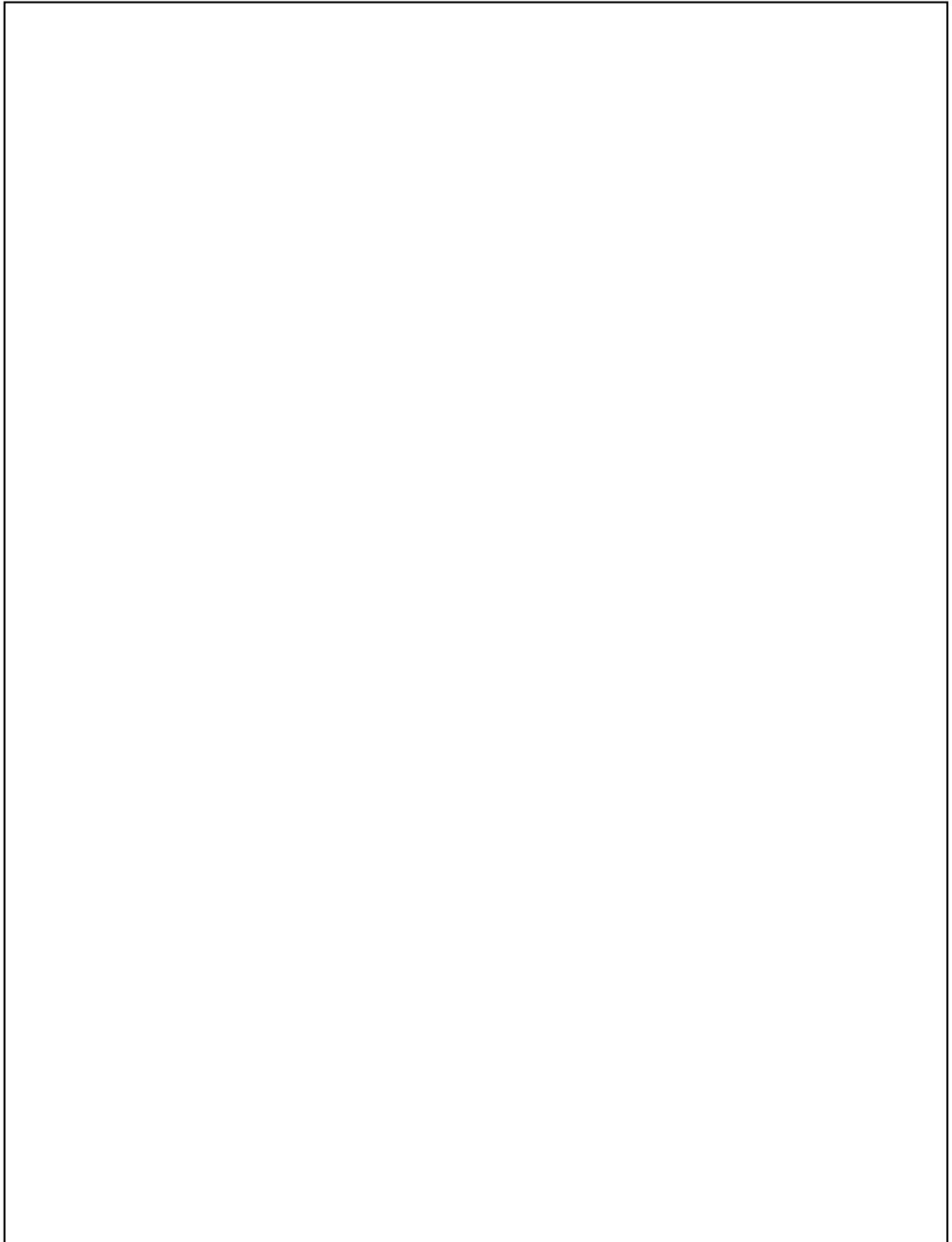
Write a haiku or two...

(Japanese style three-line poem with a 5-7-5 syllable structure)

A large, empty rectangular box with a black border, intended for writing a haiku or two.

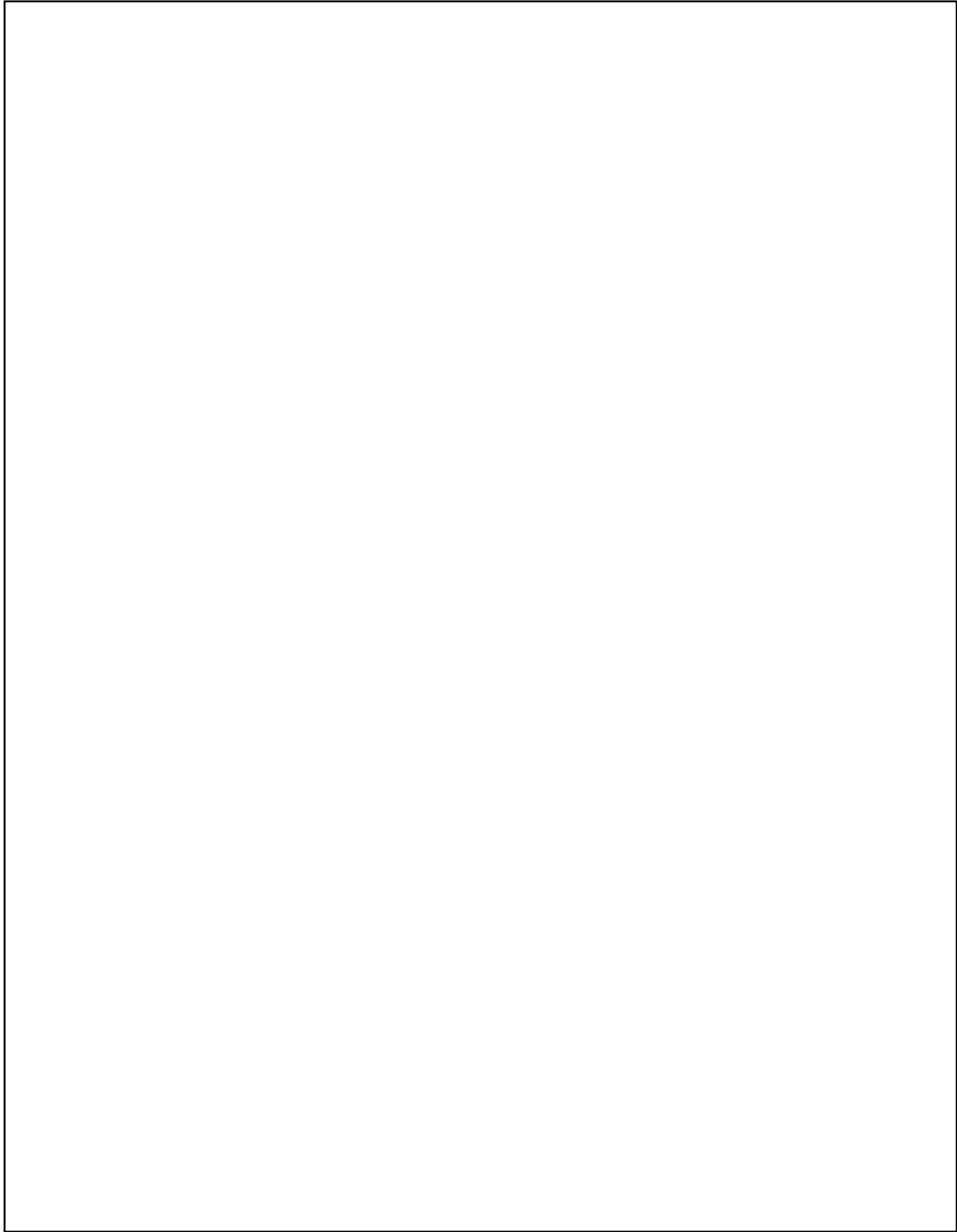


Draw something without lifting your pen.





Pull together a new outfit from what you already have in your closet. (Think about pieces you've never combined before.) Place a picture here.





Pick a number between 1 and 26. (We'll call that number X.) Go to a bookshelf (real or virtual) and pick out the Xth book. Go to the Xth page. Go to the Xth sentence on that page. Copy the sentence. Now write X sentences to go with your selected passage.



Your high school asked you to be this year's commencement speaker. What advice will you give to the students? Write your speech here.

A large, empty rectangular box with a black border, intended for writing a commencement speech.



For one week, sit or stand in the same place for 10 minutes.
Each day, write down the most interesting thing you see or hear.

The place:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Select your favorite passage from a book or poem. Write it backwards:

A large, empty rectangular box with a black border, intended for writing a passage backwards.



Make a collage from newspaper and magazines:

A large, empty rectangular box with a black border, intended for students to create a collage from newspaper and magazine clippings.



Steal a book title from a book you've never read. Write your own story:

A large, empty rectangular box with a black border, intended for writing a story.



Thanks To:

Who Taught Me:

Thanks To:

Who Taught Me:

Thanks To:

Who Taught Me:

Thanks To:

Who Taught Me:

Thanks To:

Who Taught Me:

Thanks To:

Who Taught Me:



List your favorite movies:

1

2

3

4

5

6

7

8

9

10



What does your ideal day look like? Where do you wake up and at what time? What are you working on? What do you wear? How do you get there? What do you hear? Who are you with? What do you smell? Write it out in the present tense:

A large, empty rectangular box with a black border, intended for writing the response to the prompt above.

When we create space to play, we promote opportunities to learn. What have you been putting off?



Skills I want to learn:

Books I want to read:

Hobbies I want to pursue:

Places I want to go:

People I want to see:

Write your own story in six words.

Hemingway created the first six-word story with his simple "For sale, baby shoes, never worn."

What's your story?



A large, empty rectangular box with a black border, intended for writing a six-word story.

Interview An Object:
Write your interview below.



A large, empty rectangular box with a thin black border, intended for writing the interview.

Try writing a one-line journal entry for two weeks.
(If it resonates with you, make it a daily practice.)



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

Complete this diagram:
During one day, write down:



Things you hear...

Things you see...

What the sky looks like...

Create a doodle of the day...

Personal Journey Map:

Create your own map outlining your influences, mentors and ancestors.
Also, look to the future.

A large, empty rectangular box with a black border, intended for the user to draw their Personal Journey Map.