

20 Things to Inspire Writing

10 minutes

Look at something green or blue

These two colors influence our creativity

Listen to music

Relax, become more inspired

Freewriting

Write whatever comes to your mind

Write in longhand

Use a pen and a sheet of paper

Word associations

Pick a word, write down associations

Meditation

Relax and think of nothing

Change the scenery

Switch up your location, position, and view

Listen to others

Ask for advice or help

Laugh

Positive moods boost creativity

Think of something different

Focus on something completely unrelated

30 minutes

Make something by hand

To help refresh your thinking process

Try something new

Feed your inspiration

Spend time outdoors

Get fresh air, rest, and new impressions

Sleep

Ideas flow easier after a good night's sleep

Engage in sports

Strengthen your body, liberate your brain

A Long Time

Don't wait for perfection

More than likely, it will never come

Go abroad

To activate your creative thinking

Don't wait for a muse

Start writing anyway

Create a treasure chest

Gather all your ideas in a notebook

Find what excites *your* creativity

Identify what habits awaken your creativity