

CHAD J. WILLET

“SMASH THE BOX” 7 Habits for Highly Creative People*



1

Prepare The Ground

Creativity requires an absorbed mind, a **relaxed state of focus and attention**.

2

Plant Seeds For Creativity

“All that we are arises with our thoughts. With our thoughts we create the world.” ~ The Buddha

We amplify what we think about most. Put your attention on what you want to create, not on complaints. Set an intention to produce the results you desire.

3

Live In The Question

It's been said that at the age of 5, children ask 120 questions a day, at age 6 they ask only 60 questions a day, and at the age of 40, adults ask 4 questions a day.

4

Feed Your Brain

If you stuff yourself full of poems, essays, plays, stories, novels, films, comic strips, magazines, music, you automatically explode every morning like old faithful.

5

Experiment & Explore

“I make more mistakes than anyone else I know, and sooner or later, I patent most of them.” ~ Thomas Edison

Edison was both a prolific inventor and innovator, producing over 1,093 patents. He was also a master at learning from failed experiments. When he died in 1931 he left behind 3,500 notebooks containing details of his ideas and thoughts. If you follow your curiosity, experiment with ideas, and learn from your mistakes, the quality of your creativity will vastly improve.

6

Replenish Your Creative Stock

“As artists, we must learn to be self nourishing.” ~ Julia Cameron

Joni Mitchell describes her replenishing process as field rotation. When she needs a break, she switches from singing and songwriting to painting.

7

The Secret To Liberating Your Creativity

It can be helpful to remember how you played as a child. What absorbed you to the extent that you lost track of time? Your child's play provides the clue to your creativity, your talents and your passion. What connections can you make from lessons you have learned at play, that you can apply to your work?

The 7 habits were written by Linda Naiman