

## **5 Steps to STIMULATE YOUR CREATIVITY to break free of LIMITATIONS IN LIFE!**

Recently, I was moved by a letter I received from a family whose daughter is seeking higher education. An everyday person just like you, she had lost sight of her dream. In the mundane routine of life, she had lost hope. What do you do when it seems like hope is lost or when it seems that your dream is a thousand miles away? You can develop CREATIVITY habits essential to cultivating the dream that is in your heart! How?

### **#1: CREATE YOUR OWN INSPIRATION BOOK using BRIGHT AND BEAUTIFUL**

**PICTURES!** Gather pictures from magazines, advertisements or the newspaper. Paste the images on a dream-board or in a book. Let them speak new possibilities to your heart. Their symbolism can expand your horizons.

**#2: MOMENTARILY CHANGE YOUR SURROUNDINGS!** If you are facing discouragement on the pathway to your dream you may need inspiration! Use a simple change in environment to stimulate your curiosity and increase productivity in thought. A five-minute casual stroll can encourage and refresh! Go outside and look at the horizon! Gaze at a flower. The bottom line is - take a break in activity in order to stimulate creativity!

**#3: RELY UPON THE CREATIVITY OF OTHERS!** Contrary to popular opinion, most thoughts are not original, but are a conglomeration of all that we have heard, read and seen! Many of our discoveries in life are a result of our brain processing the information that we've received. *If you lack creativity, let someone else motivate you!* Creating that movie or publication you are enjoying required a lot of imagination! Be alert for fresh ideas. Right now: write down the 3 books, poems or movies that have inspired you, and make a decision to enjoy them again!

**#4: SPEAK OUT or WRITE OUT YOUR THOUGHTS!** Get into the habit of capturing your thoughts throughout the day. This is one of the best ways to stimulate the creative process! If detailing on paper isn't easy, record a voice memo on your phone. Take note of your surroundings, your emotions—good or bad—these experiences color the canvas of your life!

**#5: ALLOW A SENSE OF URGENCY TO MOTIVATE YOUR CREATIVITY!** Don't wait for tomorrow! Procrastination never brings out the best in life! It simply eats away at your life! You only have one life to live and only one life to give, so GET BUSY! Here's a practical idea: today, set some immediate deadlines! *How?* Time yourself for one minute. Write down as many ideas as you can, then organize them—for today, this week, this month and even this year!

**PS** Now I encourage you to go to [LeslieMcNulty.com](http://LeslieMcNulty.com) and download *10 Ideas to "Cultivate your Creativity"*. Don't wait! Get started now!

