

## *Ideas for creativity on a daily basis that doesn't require any extra time:*

- Doing your **hair** differently
- Having something different/original for **breakfast** (savoury, random, just different...)
- Try an unusual **food pairing**
- Try an **unusual food**; maybe buy one you don't even recognize and figure out what to do with it
- Challenging yourself to other random things during **meal-times**: a monochromatic meal; different eating tools (chopsticks, spoon only, hands...); making something you don't think you're capable of; making something from scratch which people normally buy; using something differently to how it most often is (like pesto on vegetables rather than pasta, or a leaf or vegetable as a wrap instead of a dough); having sweet before savoury; inspiring yourself of a certain type of cuisine to cook something from another and seeing what happens (how can you make something both very French and very Turkish? Or very British and very French?) etc.
- Taking an unusual **path** to go somewhere
- **Walking** differently (really slow, very fast, toes first, looking up, consciously... See how it changes your feelings/perspective)
- **Writing** differently on your notebook (direction, size, style, handwriting...)
- Use different **writing tools** (try using a quill and ink-bottle for a day... or a week!)
- Eating a piece of **buttered bread** upside-down (butter facing down)
- Wearing an **item of clothing** differently (Can you wear that "evening-wear" casually (wear it down)? Can you rock up that casual item to be evening-worthy? Can you wear someone else's clothing? Can you make that very un-sexy item cool? Can you wear that dress as a shirt? Can you put together two things you really wouldn't tend to?...)
- Challenge the **public space** and see how it makes you feel: stand on one leg waiting for the bus, sit somewhere people don't usually, use the playground, crawl on all fours in the playground, sit cross-legged at a café, skip down the street, wear something daring...
- Find different postures for **brushing your teeth** (on one leg, squatting, leg up, eyes open, eyes closed, other-handed...)
- Change the language on your **phone** (might make you conscious of things you normally aren't)
- Look at the **weeds and trees** along your path as you walk, and notice the variety in **leaf** shapes and **bark** colour and texture.
- Look at **people's hands** and wonder what it may say of them. Observe the variety in shapes and spirits. How would they be portrayed in a cartoon?
- Finding an **image** from your camera roll to illustrate a WhatsApp group, or one of your contacts, which may seem unrelated at first.