



Discover It!

Here are four tips on writing your goals down.

1. Write your goal in the positive: work for what you want, not what you want to leave behind.
2. Write your goals out in complete detail.
3. Write in present tense: its not postponing things until later, its getting started now!
4. Rewrite your goals so they have maximum impact. Don't go with the first draft.

From: <http://www.goal-setting-guide.com>

Creativity Exercise:

Write down what causes you to abandon projects.

Do you identify the reason/s to be boredom, overcommitment, perfectionism, fear of failure, a lack of discipline?

Can you find ways to get around this obstacles and achieve your creative desires?

Types Of Creative People

There are three types of creative people. Which one best describes you? Which one describes where you would like to be?

1. "Already creatives" who actively exercise their gifts for pleasure and profit.
2. "Sometimes creatives" who have occasional moments of creative brilliance.
3. Those who can be creative, but have yet to tap into their potential.



Recording Your Inspiration

This is a good opportunity for you to start a Creative Journal. Get yourself a notebook, scrapbook, folder, computer file or book you will enjoy writing in, and commit regular time to write down your ideas, and inspirations. You can also use your journal to map out your "how to" plans. I would recommend a folder as the easiest and most cost-effective form of journal to use, but the choice is yours. If you get yourself a folder, you can use dividers for different projects or categories, and you can also slip in clear protector sheets that will hold odd pieces of paper, pictures, photos or other reference material you'd like to include. Folders also mean you can rearrange the content any time you like without causing damage. An ideas journal will also keep all your important notes in one place. You can also decorate and personalise the cover and interior in any way you like.

There are many benefits to writing down your thoughts, ideas and dreams. Writing things down:

- Solidifies ideas
- Produces a result
- Aids exploration