

5 Tricks to Unleash Your Creative Genius

with Tanglewood Sue

you are creative



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about

Me &
Creativity

Hey Hey Kiddos,

It's Tanglewood Sue here, and don't worry, I'm not gonna bore you with my whole creative journey (this time!). I only want to emphasize that, although I have always been known for being creative or clever, a blank canvas would always scare the shit out of me. I am a fixer-upper at heart. I find pleasure and confidence in fixing what has already been destroyed. There is a freedom that comes from the fact that I can hardly make this situation any worse than it already is. So for years, I fixed broken things rather than embrace a whole new creation. Fixer-upper furniture, houses, clothing, etc were my only canvases. Today I no longer cringe when faced with a blank canvas, but only because I have practiced leaping over my own creative hurdles for years. This is why I'm offering you these 5 tips to unleash the creativity inside of you. They helped me and I hope they will help you too.

xoxo Tanglewood Sue

Creative tricks

01

Paint Garbage

Seriously! Start painting something you were gonna throw out anyway. A jar, an old board, a broken piece of furniture, or even scrap paper. It already has no value so challenge yourself to see if you could make it worth even 1 cent. That's already an increase in value! The idea here is to help you remove any pressure about waste. It's already waste so have at it!

02

Use only found objects

Now that you have something to paint, don't run to the art supply shop just yet. Instead, look around your home and see what you may already have. Old paint, crayons, food coloring, leftover stains, spices, and even mud. Limit yourself to what you can find to use as a medium. Just searching for substances is gonna start lighting up your creative synapsis. But don't stop there! Forget paintbrushes. Look for tools, old toothbrushes, spatulas, rocks, potatoes, etc... Look for anything to apply your "paint" to your surface.



Creative tricks



03

Create only to donate

Whom do you picture when you create? A shop? An Etsy Browser? A gallery owner? How about you think about making something for a person in need. Someone who could use a little love today. A sick child, an elderly person, a cancer patient, a person who is grieving. Think about someone who would just like to know that there are good people in the world and they matter. Picture them! Better yet, when you are done wrap a handwritten note around it and leave it as free sound art. your heart will soar just at the thought of the happy recipient.



04

Set a Time Limit

This time make it a game with yourself. Use whatever you want but only give yourself say 5 or 10 minutes. Ready your supplies set your timer- and go. There will be no time to think my friend. You are just gonna have to go with your intuitive sense. Let that side of your brain take over and see what she creates for you.

Creative tricks



05

Limit Your Resources

Now we've talked about using only what you have but the other way to constrict your method is to limit your palette or your shapes or even your tools. What if you only allowed yourself to use the color blue, or you could only use your left hand, or you could only paint certain shapes or in a certain direction? Try it!

But Sue, how does restricting yourself unleash creativity?

Because my friend, humans love to solve problems. It's in our DNA. All of my ideas are basically agitators, designed to get your brain into a problem-solving mode.

Once you are focused on playing a game, solving a problem, or thinking of someone besides yourself, you will feel your creativity start to flow.

Our brains also don't want too many choices. Narrowing what we can choose from lessens decision paralysis and anxiety. Less is more my friend. Less is more.

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