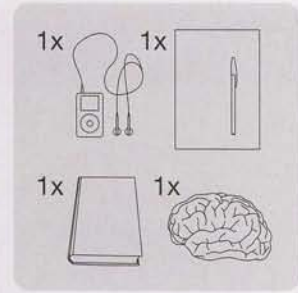
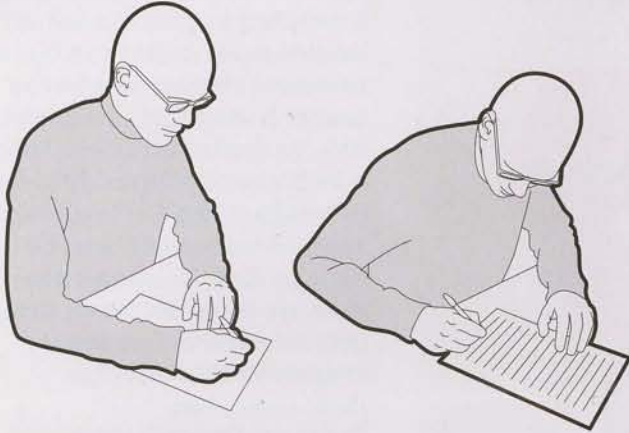


# Free your mind!

Have your creative juices dried up? Are you stuck for ideas? Try these top tips to get inspired



1



## The ideas factory

Scribble down a few ideas – even if it's on the back of your napkin. It doesn't matter how bad they are. This exercise kick-starts your imagination and even if 90% of your thoughts are terrible, what's important is the 10% that are brilliant.

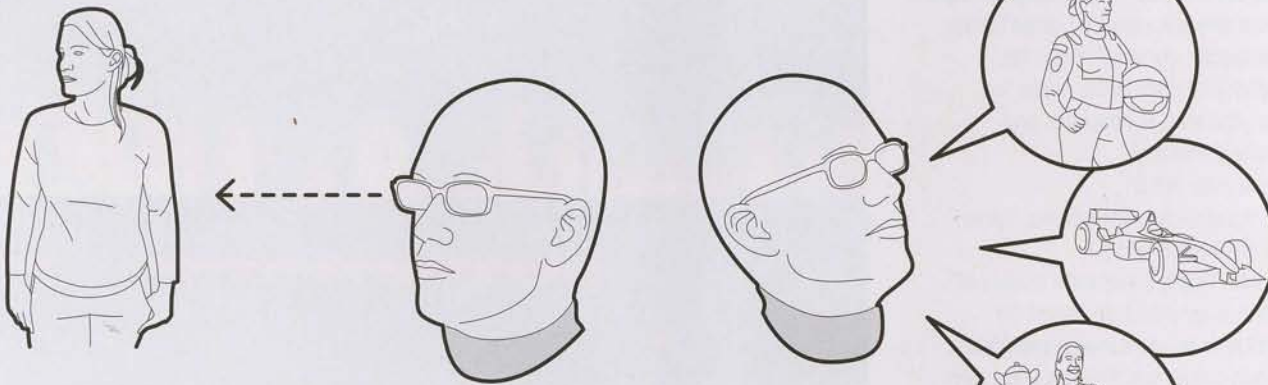
2



## Music to your ears

According to Don Campbell, the author of best-selling book *The Mozart Effect*, listening to this classical maestro can unlock creative impulses. It might not inspire instant genius but compelling evidence by Campbell shows that Mozart's music prepares the mind and body for learning and creativity. (See page 60.)

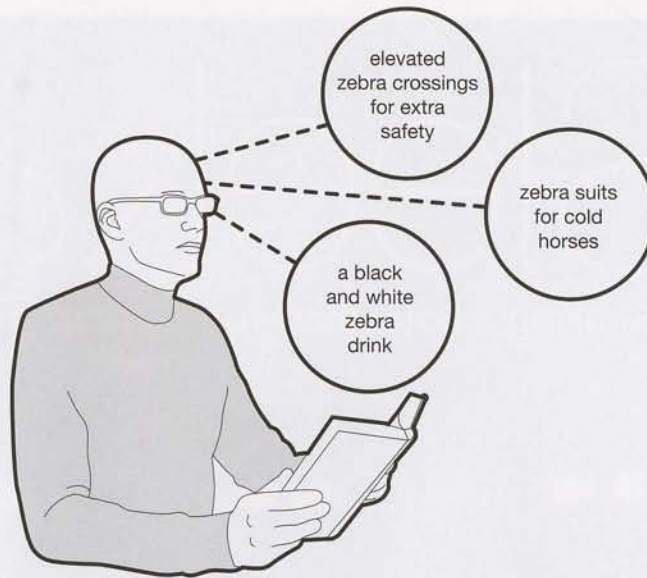
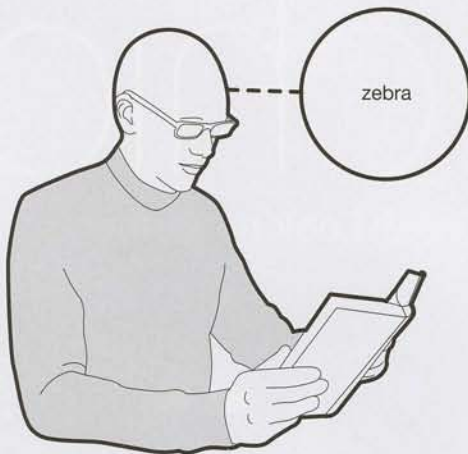
3



## Story time

Creative coach Susan Fuller says people watching is also a good idea. Observe the people around you and take notes. Once you have scribbled down enough material, make up a story about them.

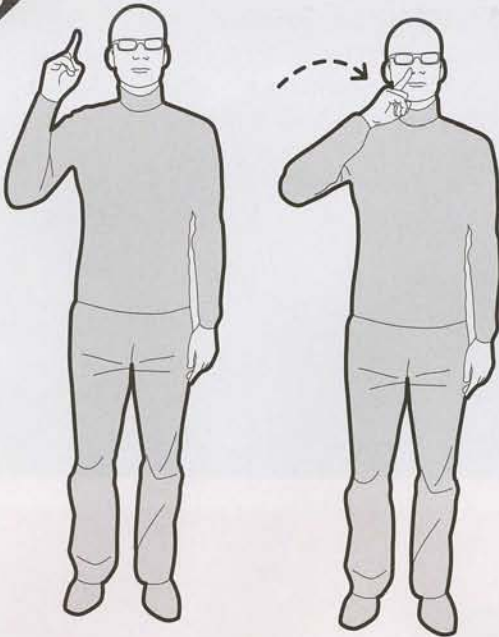
4



### One word

Randomly select a word from a dictionary and try to incorporate ideas using that word. This concept is based on a simple but little-known truth that freedom inhibits creativity. The more restrictions you have, the better your mind will work.

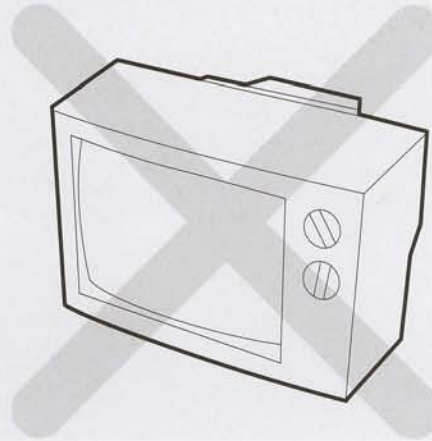
5



### Game of two halves

The brain is split into two. The right side is the creative half and is responsible for controlling the left side of your body. Life coach Angela M. Zakon suggests activating this creativity centre by focusing on using the left side of your body. According to her, breathing through your left nostril will do the trick.

6



### What not to do

Don't watch television. According to Jeffrey Baumgartner, a sculptor and creativity consultant, TV causes your brain to slowly trickle out of your ears and/or nose. Nice.



For more information see:  
[www.angelazakon.com](http://www.angelazakon.com)  
[www.increaseyourcreativity.com](http://www.increaseyourcreativity.com)  
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