

# How To Be **CReATive**

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## Definition of Creativity

*To act, think, or speak differently from what is commonly considered "normal," or "average."*

## Barriers to Creativity

Being creative is not easy for everyone! Some people seem to naturally enjoy being creative, while others are afraid of “being creative,” and as a result tend to do things as they have always done them. Creative people aren’t too worried about doing things “safely.” They like the risk of trying new things!

If you struggle with creativity, you might be letting the “barriers” to creativity stop you from experiencing the deep joys of doing things differently or discovering new ways to inspire your students. Here are some “barriers” that might be holding you back from letting the Creator inspire you!

### 1. Fear of failure

- Fear of making a "mistake"
- Fear of looking foolish
- Fear of other's opinions



- ☀️ If you are truly creative, it can't be critiqued!
- ☀️ God is inside you! Let Him do it!
- ☀️ Break free and enjoy doing things differently!



### 2. "I'm not creative"

- “I’ve never been creative.”
- “I like being ‘normal’ or ‘average.’”

- ☀️ We are all creative! You’re made in God's image!
- ☀️ Creativity must be learned and exercised like a “muscle” (see ideas below).
- ☀️ Change the way you speak to yourself; you'll soon believe it!



### 3. Traditions

- “We’ve never done it that way.”
- “This is how we’ve always done it.”
- “This is what we expect.”

- ☀️ Traditions are crutches which weaken creative muscles.
- ☀️ Use tradition as an "opposite" to your ideas.
- ☀️ Enjoy being different! Enjoy people’s reactions to it!



### 4. Money / Time

- “I would like to do things creatively, but I can’t spend any money.”
- “It takes too much time to think of creative things to do. I’m too busy!”

- ☀️ Let these “barriers” challenge you rather than stop you
- ☀️ Use what you have differently!
- ☀️ Look for "freebies" or donations.
- ☀️ Work in creativity slowly, when you have time.



## Creativity Aerobics

Creativity needs to be developed and exercised. Creativity, like anything else gets better or easier with practice. When you first start using your “creativity muscles,” you may feel some discomfort or soreness afterward. This is a good sign! Keep practicing and “push through” the pain, just like aerobics! Here are some ideas to get your “creativity muscles” in shape. Most of these ideas come from a wonderful book entitled, “A Whack On The Side of The Head” by Roger von Oech.



### 1. Compliment yourself

- Remind yourself that you have God’s Holy Spirit living in you!
- Practice telling yourself you are creative! Refer to a creative thing you did in past.
- Remind yourself that creativity is learned, and to be patient.

### 2. Change the way you look at things.

- View your project through a famous person's eyes. "If Michelle Obama were making this, what would she do?"
- View your project through the eyes of the receiver of your gift or efforts. "What would \_\_\_\_ like for me to do?"
- View your project through the eyes of a child.

### 3. Take calculated "risks" more often

- Don't be so afraid to fail or lose that you never try!
- Be bold in your actions, because you know it will work.

### 4. Combine things you wouldn't normally combine

- Try new things! If it's never been done before, great!
- Don't apologize ahead of time, be positive!
- Combine likes and dislikes to gain different perspectives (such as fishing and sewing, housework and jogging, bill paying and scripture memorization, or chocolate and peanut butter, etc...).



### 5. Find uses for "throw-away" items or ideas

- Everyday kitchen items (juice cans, etc.) can be craft items.
- Rethink "bad" ideas. Restructure them or use them and adjust the rest of the project around them.

### 6. Use other people's viewpoints or ideas

- Sometimes your "rut" can be filled in by others' ideas.
- Let others tell you how they do things.

### 7. Change your patterns of life

- Force yourself to do things differently.
- (Examples: Take a new route home, brush your teeth differently, etc.).

### 8. The “shopping cart” adventure

- Imagine the shopping cart is your lesson. It is empty, you have no ideas.
- Take the shopping cart down the “aisles” of your experiences. Ask God to help You remember the creative things you’ve learned or seen others do.
- Fill your cart with ideas, then ask God to show you how to use them.

