

HOW TO DOUBLE YOUR CREATIVITY

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How would you like it if you could double (some say triple) your creativity without taking double the time from your other work? And how would it improve your life to develop a routine that sustained both the quality and quantity of creative productivity? And would you like the increased sense of vitality, self connection and self esteem?

When you do the **Prime Creativity** routine, what you are doing is moving your creative efforts to the top of your internal to-do list, prioritizing your Creativity Mind over the other matters that can clutter our minds. This is a profound change guaranteed to increase your output and deepen your art.

What did you think about when you went to bed last night? If you are like most people, you regurgitated the day's events, replayed an unpleasant conversation from work, or fantasized about what you would like to have said or done in an encounter, maybe you even began dreading what tomorrow would bring. But there are far better things to do with that time than stew and worry.

AT NIGHT

The very best thing is to ready yourself for a night's worth of creating. I have found the following routine invaluable, as have many of my clients.

1. **Gratitudes.** The most fruitful way I have found to start is to look back over your day and think of as many things you can that you are grateful for. While many people do a mental list of 100 or more, 3-5 things will often be enough to "prime" your Creative Mind.
2. **Self acknowledgement.** Secondly, do a review of your day about yourself and think of at least 3 things you did, or qualities you demonstrated that day. For example: "I showed courage when I shared my concerns with my spouse." I showed diligence as I worked for 13 hours to complete that project on time." Be sure to offer to your left brain the evidence of what you did, exactly, that showed the quality.
3. **Invite your Creative Mind.** Start to think about your current creative project. Give your brain a real invitation to think. If you do, your brain will take sleep as its opportunity to make all the necessary connections. Just wondering (and not worrying) about your current project as you drift off to sleep is the best way to enlist your brain.
 1. "What do I want to create? You ask yourself, In the beginning of starting this method, if you are feeling blocked or if you are not yet working on a creative project, then as time goes on and you may have several projects going, you can ask your unconscious,
 2. "What is my deepest, most meaningful creative project?"
 4. "What piece do I want to return to?"
 5. "What new project do I want to launch?"

IN THE MORNING

When you wake up, head straight to your current creative project, so as to make the best use of your night efforts.

Many people also benefit from doing the exercise that Julia Cameron in her book, *The Artist's Way*, calls "Morning Pages" (you can get a detailed description of Morning Pages in another article giving detailed descriptions). In this process, you write 3 pages of whatever crosses your mind. You write all the thoughts, feelings, and body sensations that just flow.

There is no just wrong way you can do the pages. Even If you can't think of anything at the moment, just write, for example, "Oh, I hate this, I can't think of anything- I'm an empty well, well, well, well, sounds like hell..."It doesn't matter what you say. You get to release some of the inner critic that holds you back.

Enhancing our creativity is a sure way to increase our vitality, connectedness with our selves and self esteem. That makes us enjoy our connections with others too.

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com