

Follow Your CURIOSITY

Find Inspiration Anywhere!

Thanks so much for downloading the Find Inspiration Anywhere tool, which is designed to help you with one of the biggest blocks that hits creative people--a lack of inspiration. I hope you enjoy it and that it becomes a trusted companion on your creative journey.

Please be sure to read the information below before your first experience with this exercise:

1. You'll want to have a pen and paper/journal handy. It's up to you whether you want to take notes during the process or wait until the end. Experiment to see what works best for you.
2. Because it's impossible to gauge how much time each person might want to take with each question, you'll want to pause the recording as you go through it. There are short pauses between sets of questions to help you know where you might want more time. Pausing ensures that you have the right amount of time for you. There's no rush and no time limit.
3. You can use this recording again and again. There are a lot of questions here to spark your imagination. Not all of them will apply each time you listen, and that's okay. Run with the ones that catch your imagination, and skip the rest. Different questions will work each time you listen.
4. In the recording, we focus on a chair, but you can apply the same process to anything from a trinket you find at a flea market to an old pair of glasses to a paper clip. You can even use it to create a character or develop an existing one. It's as flexible as you want to make it.
5. This exercise is not a meditation, but it may help to close your eyes as you consider the questions, especially if you're more visually-oriented.

Most of all, have fun! And don't be afraid to follow the weird, unusual, or downright silly first thought that comes to mind. That's often where the magic is!

I'd love to hear about your experience with this exercise. Please drop me a note at nancy@fycuriosity.com!

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