

<b>Week 1:</b> Read at least one magazine that you would <b>never</b> pick up or subscribe to...learn new terms, interests or hobbies.	<b>Week 2:</b> Start a creative pantry — bulletin board, ring binder, file folder...the details don't matter. Someplace to hold ideas so that your brain doesn't have to.	<b>Week 3:</b> Find/establish a creative outlet. Volunteer for a theater, take an adult ed course, take up a craft, an area of your home, your wardrobe. Any place to express yourself.	<b>Week 4:</b> Turn your car radio <b>off</b> for a week. Give yourself a problem to solve for these silent few days, and allow yourself to think about it while driving.	<b>Week 5:</b> Learn how to bookmark/store creative websites via social sharing resources (diigo.com or delicious.com) so you can find inspiration again, when needed.
<b>Week 6:</b> Shop in a store completely 'inappropriate' for you — Forever 21, Hot Topics, Dicks, EMS sports, anything 'new age'. Spend 30 minutes, buy something small.	<b>Week 7:</b> Place a reminder of your happiest moment in where you spend the most time. This can be a photo, a stuffed animal, a ticket stub. Tell no one why, it's your secret place.	<b>Week 8:</b> Have lunch with the most creative person you can think of. You don't have to 'know' them, call and be honest about why you'd like to treat them to a meal and conversation.	<b>Week 9:</b> Paint a wall in your house/office a color that you would never ever consider before. Don't worry, it's only paint, you can always paint it again. If you're brave, paint your front door.	<b>Week 10:</b> Ladies: Wear a piece of jewelry from your current collection that you have never taken out of the jewelry box. Men: that tie, logo t-shirt or shirt color. Take a creative risk.
<b>Week 11:</b> Take a different route to work, or to any location that you travel to every week. Enjoy the ride, give yourself 10 more minutes than usual.	<b>Week 12:</b> Go to a show, performance or art exhibit that you would never normally visit. Like ballet? See a basketball game instead. Like impressionists? Go to the MOMA.	<b>Week 13:</b> Go to a new restaurant, or order something new in a restaurant you always select. Don't forget to sit in a new area, or face a new window.	<b>Week 14:</b> Study the "favorite pages" of a creative friend on Facebook. Become fans ("like") those that inspire you.	<b>Week 15:</b> Take a nap... go ahead, you have our permission. It's a wonderful way to clear your mind for creative problem-solving.
<b>Week 16:</b> Try a new haircut, color or treatment. Consult with your stylist, clip a style from a magazine or try ideas online at hairstyle.com.	<b>Week 17:</b> Surround yourself with creative people for a saturated period of time. Join or monitor an art class (Lyme Academy), spend time at a creative retreat, soak it in.	<b>Week 18:</b> Visit a flea market...spend 2 hours. Visit each booth, look over the goods, ask the vendors what they know about an object. Our favs: vintage jewelry, photos, accessories, art books.	<b>Week 19:</b> See an 'art' or 'indie' film this week, possibly with subtitles. if you can handle it. Go with a friend and have dessert/coffee. Madison Art Cinema/Mystic Art Cinema or Norwich Cinema.	<b>Week 20:</b> Mother Nature is the original 'creative type' — visit her at the beach, nature center, or trail. Bring your camera, focus on capturing one element (ie, the perfect fall leaf).
<b>Week 21:</b> Spend the week wearing a color that you normally don't wear and NONE of the colors you do. (ie, no black...yikes!)	<b>Week 22:</b> Move the existing prints/paintings around your house. If you can afford a few new ones, add them, or exchange artwork with a friend for the month.	<b>Week 23:</b> Visit the Niantic Book Barn (or consignment book store) spend 2 hours. Visit areas that you like (ie, business), then areas that you would never explore (gardening). Buy a book in each category.	<b>Week 24:</b> Picasso once said he spent his whole life trying to think like he did when he was five-years-old. Spend time with young minds. Color, craft, volunteer in a classroom. Laugh.	<b>Week 25:</b> Move your office around. If you can, change where your desk sits, if not, move your accessories within the cubicle space.
<b>Week 26:</b> Duplicate something from your clipping file - an outfit, a room design, a recipe. Otherwise...why have the clipping file?	<b>Week 27:</b> Have a gift to give? <b>Make it</b> this year. Photo album at "Shutterfly", a custom CD mix, food...homemade is heartfelt. Try it.	<b>Week 28:</b> Time to move the furniture around at home. Start with one room, something small. Consider a furniture swap with friends, or donating too many coffee tables.	<b>Week 29:</b> Check out the Twitter lists of creative thinkers like Faith Popcorn or Seth Godin or Spike Lee. Who do they follow...and should you follow them as well?	<b>Week 30:</b> Go on a personal road trip, a day or a week, alone. You, a journal and quiet time. Ask yourself a big question...what are my personal goals?...what makes me happy?
<b>Week 31:</b> Get a massage, acupuncture treatment, energy balance or reiki experience. Try a complementary therapy you've never experienced before.	<b>Week 32:</b> Host a pot-luck dinner party. Theme is picked at random and elements (dessert, appetizers, entree, sides) are drawn at random. Recipes must be included.	<b>Week 33:</b> Get wired. Make your own website, blog page, facebook listing or become linked in. Explore the creative world that's gone digital.	<b>Week 34:</b> Create your own soundtrack. Make a custom CD or iPOD collection for your mood...and especially make one that is your 'creative type' collection.	<b>Week 35:</b> Creative home movie week (or marathon weekend): watch movies about creative people - "Pollack, Girl with the Pearl Earring, Amadeus", etc...
<b>Week 36:</b> Mystery GPS day: Do a road trip with a spouse or friend who programs the GPS with a few "mystery" locations (restaurant, show). "You'll know where you are when you get there."	<b>Week 37:</b> Spend time with TED.com — riveting talks by remarkable people, free to the world. From artists to environmentalists, turn off the TV and turn on TED.	<b>Week 38:</b> Join a bus trip that another group is hosting. Colleges, libraries, employee groups all run trips as fundraisers. Our fav: NYC Leisure Days.	<b>Week 39:</b> Discover audible.com or audio books from your library. You can learn amazing new things while raking leaves or driving. Our fav: audible.com/\$30 a month for two books.	<b>Week 40:</b> GO TO THE LIBRARY — any library, anywhere. You will be amazed at the videos, music...even art prints...that you can borrow...for FREE.
<b>Week 41:</b> Go to NYC, Boston or DC. Do not get into a cab. Walk, walk, walk. Bring a small camera or a small notebook and catalog your visit. Our tip: pick a theme per visit - unusual signs, fun outfits, etc.	<b>Week 42:</b> Join or start a book discussion group. Bring food. Don't add to your stress, by trying to meet once a month, consider four-times a year to start.	<b>Week 43:</b> Go back in time. Whether you relive your high-school days, or a Renaissance Faire, pick a new time zone and stay there awhile. No cell phones, no interruptions. Our favs: CT Ren Faire.	<b>Week 44:</b> Volunteer. Nothing enlivens the creative spirit like generosity. Habitat for Humanity, a food pantry, a shelter. Give time that's realistic for you and journal your feelings.	<b>Week 45:</b> Make your own Holiday greeting this year. It can be a CD collection, photo you took over the course of the year or e-invite, but make it your own!
<b>Week 46:</b> Change your voice mail greeting every week from now one. An inspirational quote? Friendly greeting? Think about how often return callers hear the same thing over and...	<b>Week 47:</b> Visit a stationery, printer or paper store. The experience of colors, type, paper and creative ideas will inspire you for weeks. Our fav: Papyrus.	<b>Week 48:</b> Visit with an older generation, record their life story. Visit NPR's StoryCorp to learn more about this magical experience. Record it as a gift for family.	<b>Week 49:</b> Make your own abstract painting with spin art. Any fair will have this booth. Spin the art, have it enlarged and presto...you're a pop artist.	<b>Week 50:</b> Visit any craft fair, holiday fair, harvest fair or festival you can find. Try ethnic food, study the folk artists, buy one item you really love and will use weekly. (ie a pen holder, a sunglass case)

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**Week 52:** \_\_\_\_\_  
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# RETHINK CREATIVE

50 IDEAS TO INSPIRE NEW  
THOUGHTS AND IDEAS.



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