

Happy? Relaxed? Creative? How to have it all?

Discover Eleven Simple yet  
Powerful Principles for a

*Happy,*

Relaxed and Creative Life

by CreativitySage™, Judit Mueller-Kiss



## Simple is beautiful.

Don't be misled by simple. Simple concepts are not useless, low quality, below par, or oversimplified. They are easy to understand and implement and this is where their power lies. Simple solutions will not overwhelm you or push you into a box that is not yours. Simple is powerful. Don't fool yourself into believing that just because something is simple means that it is worthless.

Our lives are getting more complex by the minute. Our parents had a much more simple life, got less overwhelmed by life's challenges, and could still use the solutions that the generation before them developed. When I was a kid, we had 10-15 different meals on the meal planner with some seasonal variations. We had a few channels on the radio and TV and we had one or two family favourite shows that we listened to or watched every week.

We don't have this luxury anymore. Complexity is everywhere. Choice is everywhere. Don't you sometimes wish for less choice to cut back on decision making? How long does it take for you to make simple decisions every day? Just a few examples: what to serve to the family for dinner every day? Which shows to watch? Which magazine to read? How to communicate with your friends? And how about which career path to take?

Complexity is taking over our life. to an extent that even CEO's of big companies selected the ability of dealing with complexity as the second most important survival skill for business people. The first skill that those CEOs selected was creativity!

Simple is the answer to your overcomplicated, overcrowded, full-with-choices life. The eleven principles in this ebook are a result of my own experience and research. They are all tested and guaranteed to bring great results and very favourable developments in your life. That is why I recommend them to you.

*“How long does it take for you to make simple decisions every day?”*

*“Simple is the answer to your overcomplicated, overcrowded, full-with-choices life.”*



But wait... I am sure this is not the first time you've gotten tips and tricks delivered to your inbox. In fact it seems that you get a never ending flow of good advice every minute of the day: from the newsletters you subscribe to, from the gurus you follow, from your friends and family.

So much good advice can make you feel dizzy even before you begin the slow process of deciding which one to follow. Just between us: do you actually follow any of them? I plan to follow many of the great sounding advice. I do. But then comes the reality check. Are they easy to implement and remember in order to convert them into a habit? Do they deliver some results? Only those tips have chances that are simple to implement and bring powerful results. So I can remember them long enough to make them a habit.

All the 11 principles you find here survived the test of real life. That's why they made it into this ebook.

### **We all want to be happy and relaxed. But creative?**

You might think that you can live without creativity just fine or that you are not creative at all. The truth is that you are creative beyond measure. Even if, at the moment, you only use your creative thinking to come up with a bedtime story, creativity is waiting to be called upon.

*“All the 11 principles you find here survived the test of real life.”*

*“The truth is that you are creative beyond measure.”*



There are many misconceptions on creativity. You might have heard these from your parents, in school, from friends and even in your workplace. Let's look at 3 of the most widespread myths:

### **Creativity Myth Number One**

Creativity is the domain for artists – and only for artists. And if you are not an artist, you don't need creative thinking.

What about Einstein, Edison, Ford and all those inventors who shaped how we live today? What about plain old problem solving at an everyday level? We women are especially apt at finding easy and creative solutions to problems we face. Just think about cooking from scratch, or coming up with play ideas for bored kids. And what about the ability to come up with a strong argument for why we need another handbag or a new pair of shoes?

### **Creativity Myth Number Two**

You need to be born with a special set of skills to be creative.

You are born creative. The challenge is to stay creative while growing up.

Howard Gardner, a Professor of cognition and education at the famed Harvard Graduate School of Education (the psychologist who first laid out the theory of multiple intelligences) and his research group at Harvard developed intelligence tests for babies and for older children.

This is what they found: almost every single child is born a genius across multiple intelligences. BUT... by the age of 20, the percentage of geniuses within a population whittles down to 10%... and over the age of twenty, a mere 2% retained their genius ability.

So let's entertain the thought that you have a sparkle of creativity still burning away in your system somewhere deep down. Even if you are 26, or 43 or 67 or... 85 years old.

*“We women are especially apt at finding easy and creative solutions to problems we face.”*

*“You are born creative. The challenge is to stay creative while growing up.”*



The challenge is to find and nurture that spark of creative ability in you. To believe that from that tiny spark a small fire can develop. A fire bursting with creative energy that burns its way through your deep seated beliefs. So you can give yourself permission to enjoy a creative life with all its perks.

### **Creativity Myth Number Three**

Creativity has no practical use in your business and personal life. Let me differ. Creativity is the most important leadership quality, according to CEOs interviewed for IBM's 2010 CEO study. This reflects the opinion of more than 1500 CEOs and general managers in 60 countries of the world. Chances are that the CEO of the company you work for has the same opinion. Why don't you show your creative abilities at work to stand out from the crowd?

### **How your different moods affect your creativity**

What do happiness; relaxation and creativity have to do with each other? Research shows that in a happy mood and in a relaxed state of mind it is easier for us to come up with new ideas. On the other hand stressful situations where you need to solve a problem as soon as possible were also shown to increase creative thinking in individuals. How is that for a contradiction?

The explanation lies in discovering two different pathways of accessing your creative thinking. Being in a positive mood, like feeling happiness fosters creative flexibility. This means that you are able to come up with a wide range of creative ideas. You are able to come up with very different and distinct directions.

Being in a negative mood doesn't mean you need to give up on your creativity. There are two types of negative moods; one is activating, like anger and fear, the other is deactivating like sadness and disappointment.

*“Creativity is the most important leadership quality”*

*“Being in a positive mood, like feeling happiness fosters creative flexibility.”*



Negative activating emotions are guaranteed to drive you to look for solutions to get out of the situation that makes you angry or scared. This type of negative emotion fosters your perseverance to look for creative solutions until you find an acceptable one and take action on it right away.

Let's look at deactivating negative moods. Just think about how you feel when you are sad and disappointed. You feel discouraged to even think about any ideas not to mention take action on them. These deactivating negative moods feed on hopelessness and kill your creativity.

In this ebook we concentrate on the positive activating moods and how to make them part of your life each and every day to enjoy fulfilment, happiness, and meaning in your life.

Without further ado, let's look at the 11 simple yet powerful principles that have the power to make you feel happier, more relaxed and creative every day.

*“Negative activating emotions are guaranteed to drive you to look for solutions to get out of the situation that makes you angry or scared.”*



## The Eleven Principles

### Principle One

#### Make rituals part of your life

Why are rituals so powerful?

You might recall that the first piece of good advice new families become is the importance of rituals for babies. Rituals give babies orientation in a sometimes hostile looking world and something to fall back on when change is inevitable. The reasons you need rituals in your life are exactly the same.

What do I call a ritual?

A positive chain of actions that take place at the same time every day. The same actions, at the same time, every day.

How does a ritual look like?

Let me give you some examples here:

Possible morning rituals:

Free writing (morning pages)

Drawing a tarot card

Meditation

Exercise (getting on the bike for 30 minutes, going for a walk for 20)

Listening to affirmations on the way to work

Listening the same pick-me-up music

Some evening rituals:

Reading a novel before going to bed

Writing

Journaling

Meditation

Doing yoga

Having a short "day-evaluation" discussion with your kid or significant other

*“Rituals give orientation  
in a sometimes hostile  
looking world and  
something to fall back on  
when change is  
inevitable.”*



(what was the best part of today? What can you look forward tomorrow?)

Planning the next day

Listening to your favourite composer

Having a bath

Which is best for you?

This will look different for everybody. On the basis on these examples I am sure you will come up with quite a few unique ideas for yourself on the basis of your lifestyle and preferences.

How to make them part of your life?

Choose one idea and have your ritual every day. Try this for 3 weeks, even if you are very sceptical right now. Please suspend your disbelief, and practice it for 21 days and see what happens. Practicing your rituals can become the happiest, most anticipated part of your day.

Please remember: you don't need to have many actions in your ritual. Remember less is more. Chose one action e.g. reading before falling asleep and stick with it to see if it is the best ritual for you. If not, try a new one, until you find the perfect ritual for yourself.

The rituals might not stay written in stone for your life. Your life changes (kids arrive or leave the house, you get married or divorced, you chose a new career path, etc.), so you need to change your rituals accordingly.

What is a perfect time for a ritual?

It can be any time that fits your life. I personally believe in having a morning and evening ritual. My morning ritual has simply been non-existent in the last few years. (I have 2 small kids; I guess you understand what that means for a morning routine). In order to make up for this, I have developed a more extensive evening ritual.

The best morning ritual is to get a few pages of stream-of-consciousness writing

*“Choose one idea and  
have your ritual every day.  
Try this for 3 weeks, even  
if you are very sceptical  
right now.”*





done right after you wake up. Yes, even before you do anything else. Just write whatever wants to come out. This method originates from Julia Cameron who popularized it in her fantastic book "The Artist's Way". I love that book, it has life changing qualities. (If you would like to read how The Artists Way changed my life, please go to the Resources section of this ebook on the last page and follow the link to my blogpost.)

**Would you like to join a group of like minded people and work through "The Artist's Way"?** I will be organizing an Artist's Way group starting in September. If you would like to participate or are interested in the details, please sign up at this link: <http://www.creativitysage.com/taw-community>

I will be sending you all the information you need at the end of August. This group is free for all participants. Why? As I experienced the life changing power of going through the book, I would like to share it with as many women as possible (OK, we might let in a few guys, too)

*"The best morning ritual is to get a few pages of stream-of-consciousness writing done right after you wake up."*



## **Principle Two** **Have systems in place in your life**

For a free spirited, creative person like you? Yes.

I am a free spirited creative individual. I believed for a long time that creative people don't need and cannot tolerate such thing as a system. Then my kids were born and I learned to appreciate systems, so much that I am a system advocate now.

Why bother with systems?

Using systems will radically cut back on wasting time in your life. How much time do you waste on these decisions every day now? What to wear every day? What to put on the table to eat? How to take care of all errands and still have time to have a life?

If you have systems in place, you don't have to think and search for a solution from scratch every day. You make decisions once and then stick with the routine.

Which systems do you need to have in place?

\*regular chores

I have a system that links different chores to different days of the week. E.g. I water my plants every Monday. Do I need to think about when to water which plant any more? Or see them dying as a result of me neglecting them? No. If it is Monday, it is time to water the plants. Period.

\*meal plan

I was so sick of deciding what to cook every day that I simply copied the successful system used at my kids' kindergarten. Could it be simpler than this?

Monday: Pasta day (using up the leftovers from Sunday roast)

Tuesday: Veggie meal (using seasonal veggies)

Wednesday: Meat stew or one-pot dish

Thursday: Fish in different forms

Friday: A hearty soup with bread/rolls and a surprise dessert

*“Using systems will  
radically cut back on  
wasting time in your life.”*

*“If you have systems in  
place, you don't have to  
think and search for a  
solution from scratch  
every day. You make  
decisions once and then  
stick with the routine.”*



Saturday: Curry, or a salad or pizza – something that’s quick as this is our shopping and cleaning day

Sunday: “Sunday roast” with seasonal side dishes – the major family meal of the week

Instead of running around like crazy to try to organize a meal in 20 minutes without a plan, I have a system. I use Sunday evening to prepare the meal planning. I ask my family if they have a special wish, but otherwise I decide on the plan on the basis of season and budget. I do a big grocery shopping (without kids) on Monday, a small one on Thursday. Saturday is the day when I visit the local farmers market and do the weekend grocery run. Do I waste any time dreaming up a solution from scratch every day? No.

The other system that saves my sanity every day is to have family members to choose their outfits for the next day as part of their evening rituals. Do we waste precious time in the morning? Yes, it happens sometimes with the kids. But the 30-minute crying fits of “I hate this shirt and will not put it on” is a thing of the past. Just this one change has saved so many nerve cells from dying an early death.

I have many more systems that I’ve integrated in our life. And yes, I am still a creative spontaneous person, just way more relaxed and have more time to do the creative stuff I like to do.

*“I am still a creative  
spontaneous person,  
just way more relaxed  
and have more time to do  
the creative stuff I like  
to do.”*



### **Principle Three**

#### **Save time to make time for your creative pursuits**

Why don't you do the things you would love to engage in? Why don't you live the life you dream about? One ready made answer is: "I don't have the time".

And of course, you don't have time. Who does nowadays? But strangely enough you did watch TV last night for 3 hours and listened to your friend complaining about her husband for another half an hour. And spent an hour at the supermarket trying to figure out what to buy for your hungry family tonight.

Time is your most precious resource. You cannot buy time and nobody can make up for lost time. This is not a renewable resource. So be very conscious how you spend it. If you are very honest to yourself, you might be able to find some time during the day that could be used to take you closer to your most important goals and dreams.

You need to save time to make time for your favourite pursuits. How do you do it?

Here are a few ideas that continue to help me find the time I need:

\*Cut back on watching/listening or engaging in any way with junk programs in media. Ten years ago, I stopped my habit of having the TV on all the time and watching it to no end. Have I missed anything? No. I still select a few valuable programs a month to watch. Having our TV in the attic helps, too. Out of sight, out of mind!

I also stopped reading tabloids and newspapers. I listen to the news on the radio while driving. If I find a topic that I am very interested in, I check it out online. Just 3 years back, I did spend at least 2 hours reading the newspaper every day. And was feeling totally down after reading all the bad news in every area of life, about crime and some stupid mistakes politicians and celebrities

*“Time is your most precious resource.”*

*“You need to save time to make time for your favourite pursuits.”*



were involved in. I was depressed by 9am.  
Please, don't forget there is tons of junk online, too.

\*Make a conscious decision that from now on you let only quality entertainment, food, clothing, and people to enter your life. Choose quality over quantity in anything you do. A cheap T-shirt might look great now, but what happens after washing it for the first time? Your grandma's advice with buying one piece of a more expensive quality garment instead of getting 5 cheap ones still holds. A home-cooked meal will satisfy your taste buds and stomach much more than even the best fast food in town.

\*Less is more.

You can subscribe to many magazines, but do you have the time to read them? How many newsletters do you get delivered to your inbox but haven't opened in weeks?

Wouldn't you rather have 3 very close friends whom you can count on in any situation than 500 Facebook or online friends who know you only from the image in your profile? Don't get me wrong, I have nothing against online communities... that give fantastic support to participants. I still prefer knowing that I have a few close friends who will stand by me, no matter what happens.

\*Use small chunks of time that you would waste otherwise. Use those minutes to your best advantage.

Have you got a plan how to use the time you waste if you get into a traffic jam on the highway? When you have to wait much longer than anticipated in the doctor's office?

Always have a book, notebook, pens and a motivational or information CD with you in your handbag or in your car. You will never feel out of control of the situation again as you can choose to read the book you want to read while waiting for the doctor to arrive. Or listen to some motivational speech or interesting information you want to listen to in order to avoid feeling like a victim of the circumstances that surround you.

*“Choose quality over quantity in anything you do.”*

*“Use small chunks of time that you would waste otherwise.”*



## **Principle Four** **Follow the magic rule of five**

Do you manage to get five small tasks done per day? I know you do way more than 5 things. But can you imagine what would happen if you took action on 5 easy steps that would lead you towards your dreams and goals? Do you know what would happen? Slowly but surely you would reach your goals and would live your dreams.

Take any big goal, and then chunk it down into small, manageable steps. It doesn't matter if it has 137 little steps or just 23. Begin at the very first step, then follow the logical sequence of events and actions that need to happen to get you to where you are heading. Just pick 5 simple, easy chunks. Plan today which steps you are going to take tomorrow. Then wake up full of energy knowing that you are walking towards your destination. By the end of the day get all five chunks done.

A few examples: If you want to de-clutter your house, make the commitment to throw out 5 things you don't need. Or to take 5 minutes to clear up your living room every day. Or to get a book from Amazon on de-cluttering. Or... you get the picture.

It is very important to have manageable chunks of projects as your 5 actions. Simple, easy things. The secret is in the commitment and consistency of getting those 5 simple things done every day. Until you reach that goal and live your dream. Consistent action even if it is slow will always get you to where you want to go. Don't let yourself be fooled by others driving by at the speed of light: you might meet them on the side of the road, overwhelmed, not being able to move, with all their energy and enthusiasm lost. Who will get to the Finish line first? I believe it is going to be YOU.

Let the compound effect of your efforts pay off after sticking with them for some

*“The secret is in the commitment and consistency of getting those 5 simple things done every day.”*

*“Consistent action even if it is slow will always get you to where you want to go.”*



time.

Let me share one invaluable practice with you. I strongly recommend that you turn this into a life-long habit. Plan tomorrow's actions this evening. Every day. Just making this a habit will drive your productivity to unknown heights. You will never again wonder in the morning where to begin your never-ending to-do list. Even better you won't have to face a never-ending to-do list again.

Plan on as many actions as you think you can manage to do. Then take only half of it and plan that for the next day. The other half of the projects get to be planned for the day after that. Why? We always underestimate how long a task will take. And of course never consciously plan for any distractions. Which is the most unrealistic thing. You know that you will get distracted, don't you? And probably more times than you ever planned for.

Get a planning notebook, begin a computer file or use some of the already existing planning tools that you will find on the net. But a notebook will suffice. Then ask yourself this question: which steps do I need to take today on my pathway to my ultimate goal?  
Which activities will bring the biggest dividend on my way to my goal?

Plan your way to success every day.  
And don't forget to evaluate your performance at the end of the day. What have you achieved? What tasks didn't get done? Why? What can you learn from this? What needs to be done differently tomorrow?

Plan your days ahead. Use systems to make planning and getting things done easier. De-clutter your space and your relationships. Stop complaining and begin to look for solutions. If you try any one of these tips, you will be surprised how much time you can free up for valuable activities that help you get to your goals quicker and easier.

*“Plan tomorrow's actions  
this evening.”*

*“Plan on as many ac-  
tions as you think you can  
manage to do. Then take  
only half of it and plan  
that for the next day. The  
other half of the projects  
get to be planned for the  
day after that.”*



## **Principle Five** **Get rid of clutter forever**

Now, this might be the toughest principle in this whole ebook, I know. Because clutter-busting is a never-ending project. And if you don't live on your own, you have to fight against the clutter of other family members.

Clutter-busting will only work if you make a serious and lifelong, "no-matter-what" commitment to it. Even a bigger commitment than to your partner. Because your partner might change down the road, but clutter will be looming at you 24/7 throughout your whole life if you don't deal with it.

Why does clutter take over our life?

In the last decades we have had more and more disposable income and we are bombarded non-stop with messages to buy and buy and buy stuff. Because owning "cool stuff" is cool, it gives you a certain coveted image you cannot live without, it will make you keep up with the neighbours and will give you fulfilment in life, right? (If only this were true, we would have already figured out the meaning of life.)

The reality is that while you buy-buy-buy the stuff it will stay-stay-stay in your space. And as space is at premium nowadays you have no more space to put the growing number of stuff that you acquire. And let's be honest, what is the percentage of the stuff you actually use? How many times did you put on the 5th black top you bought last year? Do your kids play with the 10th small car they made you buy during their last crying fit? Does your husband use the new gadget he bought just because it was the best and newest model on the market?

On the other hand we still have to resolve the beliefs of generations before us: we shouldn't throw things out as we might need them at some point in time and it would be such a waste. This might have been true a few decades ago. Not anymore. You have to get rid of things as soon as they don't work properly

*"Clutter-busting will only work if you make a serious and lifelong, "no-matter-what" commitment to it."*

*"The reality is that while you buy-buy-buy the stuff, it will stay-stay-stay in your space."*





or you decide not to like them anymore. Otherwise you will have less and less space and time to live your life. Junk and clutter don't just take up valuable space but also time as you have to deal with the stuff even if you don't use it anymore.

My father passed away 5 years ago; my mother still works every week to clear the clutter he left behind. Because he truly believed that he would need the stuff he gathered for a rainy day. Except unfortunately he didn't have time to do so as he passed very unexpectedly.

Clutter is a topic that whole books are written on, just go to Amazon and have a look. So, here let me share just one simple practice that helps me personally to conquer clutter in my house (on most days at least).

### **The five per room practice**

Every morning spend 5 minutes on organizing, clearing stuff, de-cluttering your most important spaces. Just for 5 minutes in the first room, then you move to the next room, then to the next and so on. Select maximum 3-4 rooms for this exercise.

I take the living room, the kid's room, the bathroom and the kitchen as they tend to get cluttered at the speed of light. I go in full steam ahead and stay aware of the 5 minute limit. I work at the speed of a tornado, then move to the next spot. After 20 minutes the house looks good, and I get a huge sense of achievement. Priceless. The secret is to work "fast and furious", tackle clutter for 5 minutes in one room then move to the next!

*“Every morning spend 5 minutes on organizing, clearing stuff, de-cluttering your most important spaces.”*



## **Principle Six**

### **Record your thoughts and ideas**

This is the most powerful method to boost your creativity. Can't be so simple-you might think?

Why does it work?

When you make a conscious effort to record your ideas, you will have evidence: you get many fantastic ideas every single day. And this kills your "I am not creative" belief once and for all. Nothing fosters creative thinking more than having the firm belief that you are actually creative. Try to say it out loud! "I am creative".

Most of the great ideas we get will be forgotten in matter of seconds. They come quickly and leave your mind just as fast if you don't record them. I am sure you know the feeling: I just had a great idea, sentence, solution; didn't put it down fast enough, and they are gone forever. Don't let this happen to you again. Be prepared. Have small notebooks and pens in your purse, in your car, on your bedside table, and in every room of your apartment even in the bathroom. If you find notebooks bulky, you can use your cell phone, your iPhone or iPad to record your thoughts. I like to carry a small digital recorder with me for situations where writing is difficult.

And don't forget the old-fashioned but useful creative ways to record your ideas and thoughts if all else fails: write on a napkin, or a Kleenex, or on your hand. You can use your eye pencil or lipstick to write, too. And I read that there are special pens that you can use even in the shower. How cool is that?

If you decide to use small pieces of paper (I love those, too) you need to remember to gather them in one place. What about creating an idea box out of a shoe cartoon? How about having a system of dumping all those small pieces of paper every day into the idea box after coming through the door? And go

*"Nothing fosters creative thinking more than having the firm belief that you are actually creative.*

*Try to say it out loud!*

*"I am creative".*



through them every Sunday and select the ones that you will take action on?

Another useful method is to keep a journal. Yes, good old fashioned journaling can still have an important place in your life today.

It is an excellent way to record what is happening in your life, your experiences, ideas and thoughts or your feelings on a daily basis. Not to mention how much fun it will be to read your journal in a few years time. I find it a great way to get a realistic picture of my life. You know, how sometimes we believe that life was so good to us at a certain point in time? Maybe it was really better, maybe it is just looking back that makes that period seem so rosy.

If you feel your life is treating you badly now whereas a month ago or five years ago it was heaven, just go back to read those entries to understand something important. It is only in the present moment that you can be happy. Looking back can be fun. But live in the NOW.

*“Yes, good old fashioned journaling can still have an important place in your life today.”*



## **Principle Seven**

### **Learn to get into flow at will**

What is flow? It is a mental state in which you are fully immersed in a feeling of energized focus, full involvement and success in the process of the activity you engage in. (As proposed by Mihály Csíkszentmihályi in his groundbreaking book: "Flow")

Most of us experience flow from time to time and don't even notice it. The time when you were deeply involved in writing and 2 hours passed without you noticing. The ride that seemed to take only 5 minutes instead of the 40 it actually took. The easiness of creation and concentration on your work whether it be painting or doing the books for your business. That yoga class that seemed to not even happen as you were so far away. These are all great examples of flow.

Why is flow so valuable?

When you are in flow, it is effortless to create and act on ideas. You can get twice as much done in half the time. You can access brilliant, out-of-the-box ideas without even trying.

Learn and recognize your special pathway to flow. It could be during exercise, walking, listening to music, working on your pet project or driving. One characteristic is that you are alone, with nobody disturbing your concentration and focus on the activity at hand, whether it be writing your next bestseller or gardening.

I would like to ask you to pay attention to those instances and include them in your journal. After having a few notes, you will be able to see a pattern: what takes you to your flow? When you discover your pathway, begin to use it at will.

Let me share my "getting into flow pathway" with you.

*"Learn and recognize  
your special pathway to  
flow."*

*"When you discover your  
pathway, begin to use it  
at will."*



For me listening to my “flow-inducing” music and driving at the same time will do the trick every time. What is my flow music? Three songs from Yentl, the musical film (starring and directed by Barbra Streisand) Why this? Since I first heard those songs more than 20 years ago, they touch me every time. The mix of the lyrics and the music can skyrocket me to my flow experience in a matter of seconds while driving my car. They work their magic without driving, too; but driving and hearing that CD is just an unbeatable mix.

Please find your own pathway to flow! It might take some focused attention and some trial and error. But as soon as you have figured it out once, you only need to re-create that pathway to enjoy the tremendous benefits of the flow state.

*“you only need to  
re-create that pathway  
to enjoy the tremendous  
benefits of the  
flow state.”*



## **Principle Eight**

### **Have multisensory experiences**

Most of the time you use only one or two of your dominant senses. And in everyday life this comes down to visual (seeing) and auditory (hearing) with some kinesthetic fun (touch, movement) thrown in for good measure.

You need to use all your senses to get a vivid picture of the world and finding a spot for creation. When was the last time you tasted something with your eyes closed, 100% concentrating on the taste? Or trying to navigate the world on smell? Or touch?

Multitasking is out; multisensory experiences are in. Next time you see something that gets your attention, a piece of watermelon for example, use as many of your senses as possible. Try to use all your senses in making the decision if you want to buy it or not. Take a look at its skin, smell it, take it in your hand to experience its weight, touch the green skin and before buying it, knock on it to guess how ripe it might be. Afraid of people looking at you at the market and thinking you are crazy? Don't. Most probably they envy the fact that you might know how to select a watermelon that is ripe and sweet and perfect. (I would also be very interested in this little secret. If you have the answer, please share it with me at [creativitysage@hotmail.de](mailto:creativitysage@hotmail.de) )

Your dominant senses have a big impact on how you learn and how you experience the world for example. If you would like to understand your own style and how this influences how you see the world, I've provided you with a link to a free test in the Resources section of this ebook.

*“You need to use all your senses to get a vivid picture of the world and finding a spot for creation.”*



## Principle Nine

### Take time on your own (& teach your kids to enjoy their time alone)

You need to be on your own every day. Period. It saves your sanity. It really does.

It frees you from the demands of everybody around you so you can pay attention to yourself and get that much needed thinking time. This gives your brain time to rest and come up with those splendid creative ideas in the process.

Plan on “alone time” every day. Pick a period that fits your life. It doesn’t have to be more than 15-20 minutes to reap the benefits. Give yourself this luxury, please!

And introduce this concept to your kids, too. OK, they might not like it first, but will thank you for this later on in life. Still it is a great practice to include in their life from an early age. How? One splendid solution comes from Linda, my neighbour. Although she has 2 small ones at home, she seems to be so relaxed all the time. Her secret? From the earliest age she introduced afternoon napping times for the kids. As they got older, the kids could use the nap time to play in their rooms. One rule applies, though. Even mommy gets her downtime in her room and the kids learned to respect that. Now everybody gets their “alone time” and when they get back together again after one hour everybody is happier and more relaxed.

How can you use your “alone time”? You decide. Do nothing, breath in and out, read, take a short nap or look at the sky; whatever comes to mind.

Take time to daydream – let your imagination run wild

Is day dreaming a luxury? A waste of time? Let me share on of my favourite Einstein quotes here:

“Imagination is more important than knowledge. For knowledge is limited to all

*“You need to be on your own every day. Period. It saves your sanity. It really does.”*



we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Using your fantasy and imagination is necessary to find solutions, to come up with unique ideas, to listen to your gut feelings. And a fun thing, too. I personally love to come up with stories while watching the clouds go by. Do I do that for hours on end? No. (Would love to, though.) But I make a conscious effort to look at the sky every morning and every evening and take a few minutes just to let my imagination run wild. Why don't you take a minute or five to look at the moon and the stars every night (Instead of watching the TV? Or during the commercial breaks?)

*“Take time to daydream.  
Let your imagination  
run wild.”*





## **Principle Ten** **Cherish your dreams**

It is so easy to forget about your dreams, especially those childhood dreams. Do you remember your dreams? Did you want to travel? Or write a book? Or learn skiing?

Cherish your dream, it is a deep and integral part of who you are. And those dreams are trying to tell you something. Will you listen? Please don't shut the door on those dreams! You will lose hope and happiness over un-cherished dreams.

It is never too late to take those dreams seriously and move towards them one little step at a time. If you wanted be an artist, look for a course you can take in your free time. Learn about the art that was calling your name as a kid. Engage in it, experience it.

If you wanted to be a writer, do sit down to write, preferably every day. Writers write. As cooks cook, and managers manage. Make writing part of your life without putting pressure on you to write the next mega bestseller.

We put too much pressure on our dreams. They are supposed to come true as a Hollywood Technicolor version of our imagination. Maybe you don't have to write the next big shot movie script. But you might write a good-night story that your kids will cherish and share with their kids, from one generation to the next. Don't you think that it has as much or even more value for you and your family as that mega bestseller?

I always wanted to be a dancer. I dreamt about dancing, I saw music as dance. I had visions of choreography in my mind. But I lived in a small town and there was no dance training or ballet or even folk dancing offered. I kept the dream of dancing alive. And when I finally moved to the big city to continue my education at the age of 18, I began taking dance classes. I didn't stop at ballet, I took musical, African, step, anything I had an interest in (even Scottish folkdance). I

*“Cherish your dream,  
it is a deep and integral  
part of who you are.”*

*“It is never too late to  
take those dreams seri-  
ously and move towards  
them one little step at a  
time.”*



learned at least a dozen different styles. I loved it. I was beyond happy dancing. I was "at home". Then I found a wonderful American teacher who taught belly dancing as an art form. I dreamed up my own choreographies and performed in front of my friends during my numerous parties. And I understood that music and dancing was a way of creating stories - at least for me.

How can you find a way to invite those past dreams into your life again? Even if you feel that they are long-lost and not more available to you? Take baby steps; discover ways to experience your dream. Last but not least: Cherish them!

*"Take baby steps,  
discover ways to  
experience your dream.  
Last but not least:  
Cherish them!"*



## Principle Eleven Sleep

Yes, sleep. I don't want to tell you to sleep 6 or 8 or 10 hours. Your sleep patterns are very individual, you know best with how much sleep you need to operate in a focused and productive manner. Your need for sleep and your sleep patterns also depend on which life phase you are (being single and having babies will call for very different approaches). Also, the season might have an impact on your shut-eye needs. I seem to wake up early during summer and sleep less all in all.

The reason I included Sleep as a powerful principle is because women tend to cut back on sleep as the first solution to not getting everything done. I know I still find sleeping less as the easiest solution to solve some scheduling conflicts. But I've made the decision to sleep at least 6 hours per night. Otherwise I am just too cranky. And in the afternoons if I feel very tired I take a short nap (15-20 minutes). And yes, my kids understand and respect my 20-minute nap – well most of the time.

Pay attention to your body and see how you are doing with 6 or 7 hours of sleep. Are you energized most of the day? Maybe you need 8 hours. Maybe more. Comparing yourself to others is useless. You need to learn your magic "number". And then make sure that you get that much sleep every night.

*“women tend to cut back on sleep as the first solution to not getting everything done.”*

*“You need to learn your magic “number”. And then make sure that you get that much sleep every night.”*



Are you ready to put these principles into practice in your life? And make that happy, relaxed and creative life a reality for you? I hope you are.

If you have any questions about this e-book or need clarifications on any of the principles I've introduced you to, please contact me at [creativitysage@hotmail.de](mailto:creativitysage@hotmail.de)

Please visit my blog at <http://creativitysage.com/blog> to share your experiences after reading this e-book. I would be very interested to hear about the transformation you have created as a result of using the different tips and methods I have outlined here.

**Wishing you outrageous success and a happy, relaxed and creative life!**

Judit

CreativitySage™



**CreativitySage™** (aka Judit Mueller-Kiss) is an Idea Strategist. She helps entrepreneurs to profit from their winning ideas: from idea generation & selection to taking action & turning ideas into outrageously successful business ventures. Her clients are ideamaker action takers. Currently she supports clients with setting up businesses, writing books, and creating other creative ventures.

Visit CreativitySage™'s blog at <http://creativitysage.com/blog>

For your daily creative inspirations please follow CreativitySage™ on Twitter <http://twitter.com/creativitysage>



## Resources

The Artist's Way Community program

Would you like to join a group of like minded people and work through "The Artist's Way"? I will be organizing an Artist's Way group beginning this September. If you would like to participate or are interested in the details, please sign up at this link: <http://www.creativysage.com/taw-community>

I will be sending you all the information you need at the end of August. This group is free for all participants.

You can read about my experiences with The Artist's Way here: <http://creativysage.wordpress.com/2009/04/23/the-artists-way-a-life-changing-experience/>

Are you interested in learning more about flow?

Here is the link to Mihaly Csikszentmihalyi's book on the subject:

[http://www.amazon.com/Flow-Psychology-Optimal-Experience-P-S/dp/0061339202/ref=pd\\_sim\\_b\\_5](http://www.amazon.com/Flow-Psychology-Optimal-Experience-P-S/dp/0061339202/ref=pd_sim_b_5)

If you are interested in learning about different learning styles (auditory, visual and kinaesthetic), go to this link:

<http://people.usd.edu/~bwjames/tut/learning-style/>

You will find an inventory to identify your own style and explanations of the different styles, too.



If you are interested to find out more about yourself, you can take two free tests on this site: <http://www.mypersonality.info/>

Multiple Intelligencies test: this free test will help you discover your strongest types of intelligence and how these types help you to learn.

Discover your Type – personality test: Which of the 16 personality types are you? This test is based on Carl Jung's theory of psychological types and the personality research of I. Briggs Myers and K. C. Briggs.

