

Looking Inward

JUNE

Emotional



What type of mood are you in when you come up with your best ideas?
Are you happy? Sad? Nervous? Tired? Relaxed? Stressed? Energized? Inspired?

Your emotions play an important role in your creative life and what you create is a direct reflection of your emotion when you created it.

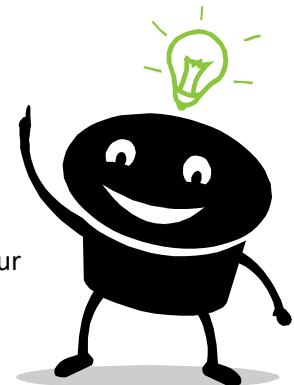
Pablo Picasso sank into depression and painted his Blue Period after his friend committed suicide. His Rose Period followed after his bout with depression.

Pay attention to how you are feeling and get those creative juices flowing!

Intellectual

Here are six strategies for generating new ideas.

1. Clustering generates ideas by mapping and organizing them as they occur
2. Listing is an easy way to generate ideas and sort them
3. Cubing is useful for probing a topic from six different perspectives—**describing, comparing, associating, analyzing, applying, and arguing**
4. Dramatizing is a deepened analysis of the journalistic question **HDWDWW**: "How Does Who Do What and Why?"
5. Freewriting generates ideas by "freeing" the link between your brain and your pen by writing as quickly and as freely as you can in a timed period
6. Asking questions about a subject is a way to learn about it. The task is to generate as many ideas as possible in a short period of time.



Occupational

Wikipedia defines Brainstorming as a group or individual creativity technique by which efforts are made to find a conclusion for a specific problem by gathering a list of ideas spontaneously contributed by its member(s). Popularized by Alex Faickney Osborn in the 1953 book *Applied Imagination*, he claimed that brainstorming was more effective than individuals working alone in generating ideas.

Here are Forbes magazine's four steps to effective brainstorming:

1. Lay out the problem you want to solve
2. Identify the objectives of a possible solution
3. Generate solutions individually
4. Once you are clear on the problem, the objectives and personal solutions, work as a group.



Physical



Try swimming and reap these 10 health benefits:

1. Works the body without harsh impact to skeletal system
2. Increase muscle tone and strength
3. Improved flexibility
4. A healthier heart
5. Weight control
6. Improves asthma symptoms
7. Improves cholesterol
8. Lowers risk of diabetes
9. Lower stress, higher spirits and better brain
10. You might live longer

Social

Humans are social creatures and when put our heads together we have the wonderful things...and really awful invented both life-saving medicines and could see all life on this planet end. you and your social circles generate Make the world a better place with your a legacy of love.



we get together and potential to great really things. After all, we've nuclear weapons that What type of ideas do when you are together? contributions and leave

Spiritual



Faith is a tremendous gift. But during our busy lives it takes some extra effort to stay spiritually healthy. Then we wonder why we feel spiritually empty, and even sick.

One way to develop spiritual wellness is to serve others. Reorienting our attitude away from self keeps us on the right track.

Words from the Wise

Here is a thoughts to accompany you on your journey.

- **Juanita Kidd Stout:** A person educated in mind and not morals is a menace to society