

Unlock Your Everyday Creativity



Micro Creativity Workbook for #EverydayCreativity

A Shiny Designs Publication

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This Book is a Tool!

Welcome to the Shiny Designs and Your Artful Life Micro Creativity Workbook!

This book is a tool for you to develop your creativity. It's for you to write and draw in and expand your creativity.

Take hold of it and create!

Monette Satterfield

*Creativity is a skill. The more you practice,
the better you get.*



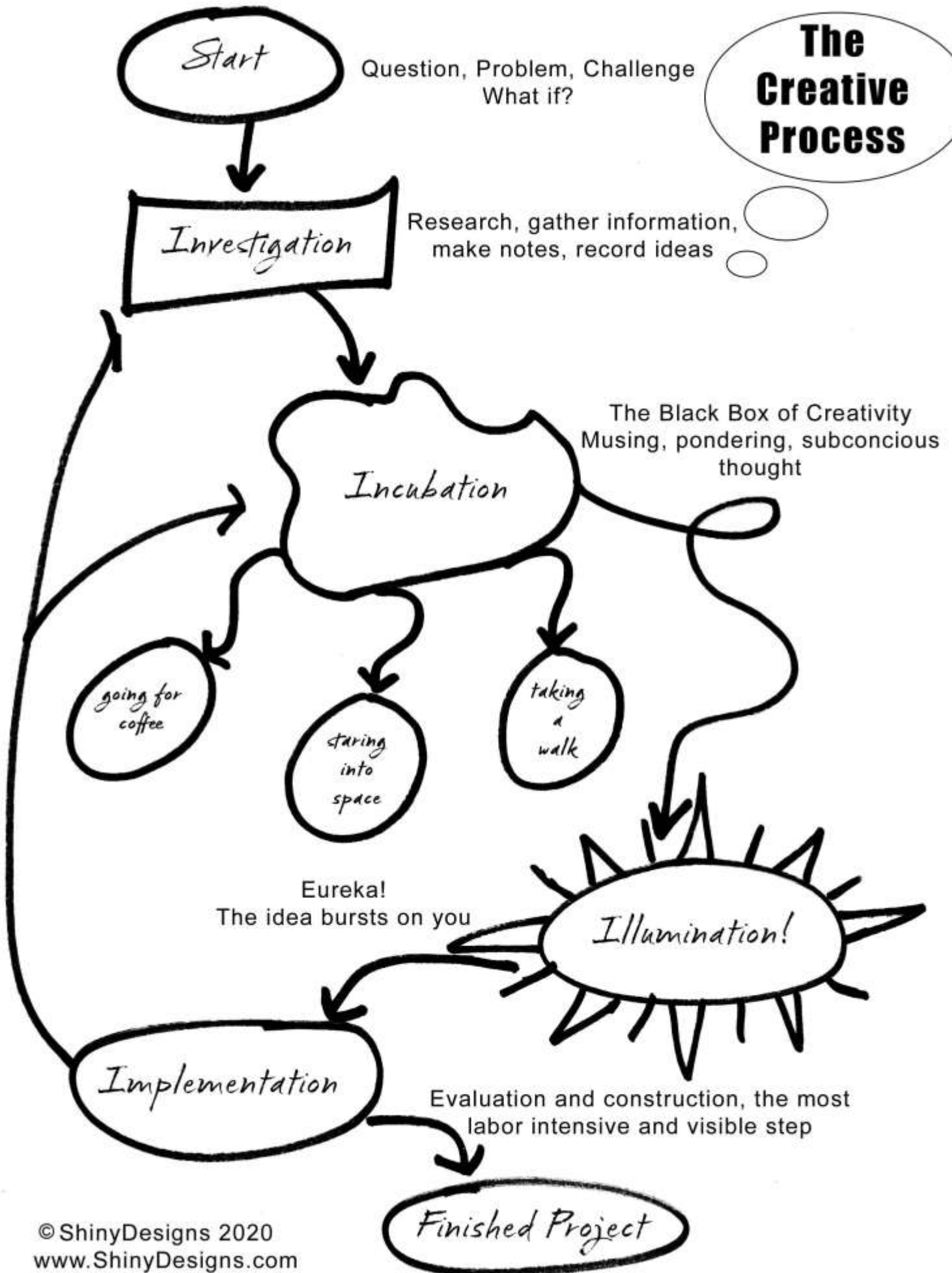
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The Creative Process



Are you Dying of Creative Thirst?



“This is not going to last,” are the exact words that went through my mind on my first day as a newly minted CPA. The auditing partner was showing me the time sheet and how it was divided into 15 minute blocks so the firm could bill clients for our time. Accounting for your life in 15 minute increments is living in a creative desert and that’s the day I decided to find water.

Come, walk with me and drink in your everyday creativity with acts of micro-creation

Who am I? I’m a published author, professional artist, leader of a large and vibrant online creative community but more important, I’ve been in the desert and found my way out.

You Are Creative and I can Prove It!

I know that you’re creative and I know it for certain. You’re human and humans are an inherently creative bunch because we solve problems! That’s all creativity is— solving problems and you go through your whole day solving one problem after another:

You got dressed thus solving the problem of what to wear

You had something to eat thus solving the problem of being hungry

You found a bug in the sink and ran it down the disposal thus solving that problem

What else have you solved just today?



The creative process is NOT some magic mist that settles on a chosen few. It’s a clear and understandable problem solving process that we all use regularly. Once you recognize it at work in your life and learn to use it, you’ve found the creative spring.

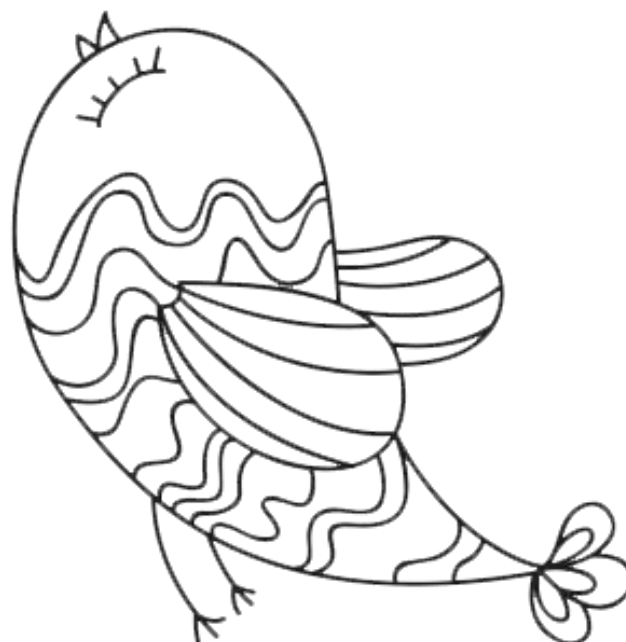
There’s creative water all around – all we have to do is see it!

Maybe you've tried this before...taking classes, forcing yourself to "do" creativity...

Ugh—That really doesn't work!

What does work: everyday micro acts of creativity which lead to more joy and creative path opening as you gain creative strength.

Are you ready to be more creative? Let's get started!



Micro Creativity Exercises



List 3 or 5 descriptions of a color (e.g. green, red, pink) without using the color name. Bonus for incorporating multiple senses. Visit a paint chip display and check the names and shades for inspiration.

Examples: Caribbean wave, mossy depths, lichen, forest glade, dancing mists, ghost ship, harvest fields, rolling waters, etc.

Use 3 words – a noun, a verb and an adjective – and make a phrase. Bonus for making up a mini-story. Starter word lists follow but feel free to find and use any words you like.

Example: week, think, little—It was the week of very little thinking...



Nouns

area
book
business
case
child
company
country
day
eye
fact
family
gown
group
hand
home
job
life
lot

man
money
month
mother
monster
night
number
part
people
place
point
problem
program
question
right
room
school
string

story
student
study
system
thing
time
water
way
week
woman
word
work
world
year



Verbs

ask
be
become
begin
call
can
come
could
do
feel
find
get
give
go
have
hear
help
keep

know
leave
let
like
live
look
make
may
mean
mingle
move
nudge
play
put
run
say
see
seem

stroll
show
start
take
talk
tell
think
try
turn
use
want
will
work
would

Adjectives

able

bad

best

better

big

bleak

certain

clear

different

early

easy

excessive

finicky

free

full

good

great

hard

high

human

important

international

large

late

little

local

long

low

major

meticulous

nice

new

old

only

other

powerful

possible

public

real

recent

right

small

social

special

strong

sure

true

wholesome

whole

young



Find connections! Choose 2 random items and come up with as many ways to connect them as you can. Don't dwell on any one option, keep going!

Examples: fish and tires... fish with tires instead of fins, tires with fish scales instead of tread, fish shaped tires, tires made of fish, etc.



Think of something that starts with the first letter of your first name and another for first letter of your last name or branch out to other names if you like. Combine them to make a new thing. Bonus for a short or silly story about your creation!

Example: Manor for Monette + Sea for Satterfield = Manor house surrounded by the Sea...The inhabitants of the stately manor became ever more fish-like as the sea surrounded them.

Plus, Minus, Interesting – choose a topic, event or item and define the pluses, minuses and interesting features.

Example: a Birthday Party – Pluses: fun, friends, colorful. Minuses: loud, expensive, messy. Interesting: unusual foods and games.



Sticky Note Art, decorate a sticky note with whatever strikes your fancy – stick it where you can see it for the day.



Find, or rescue, something that you think looks interesting and put it somewhere you can look at it for a day or so. Then, get rid of it!

Example: an acorn, a rock, a pretty piece of junk mail, etc.

Crayon Memories:

What's your favorite crayon color?

The smell of fresh crayons...

What size box?

How did you use them – coloring, drawing, messy, neat...?

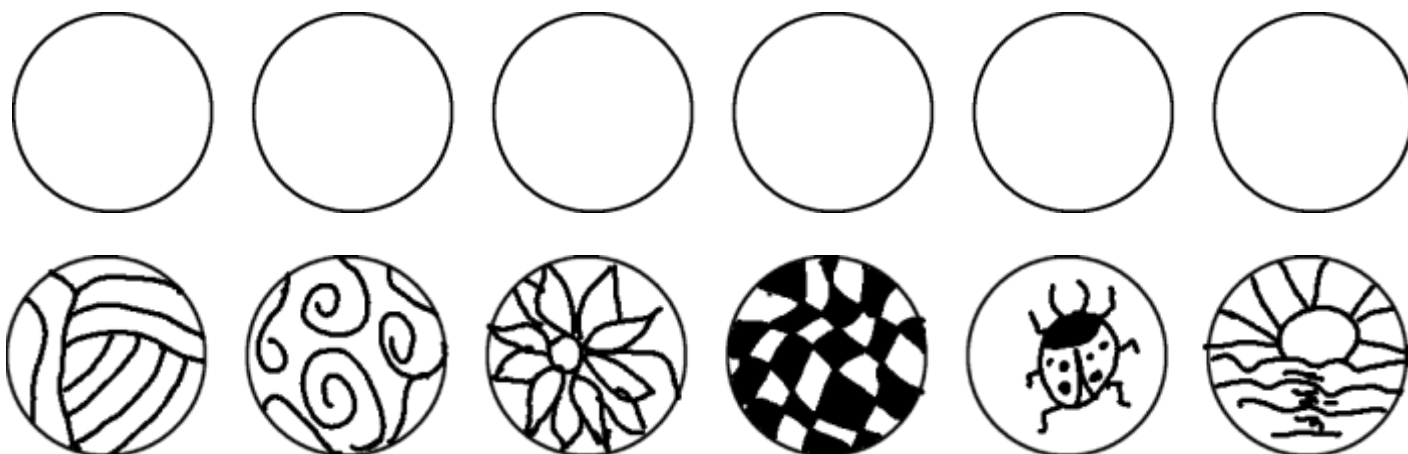


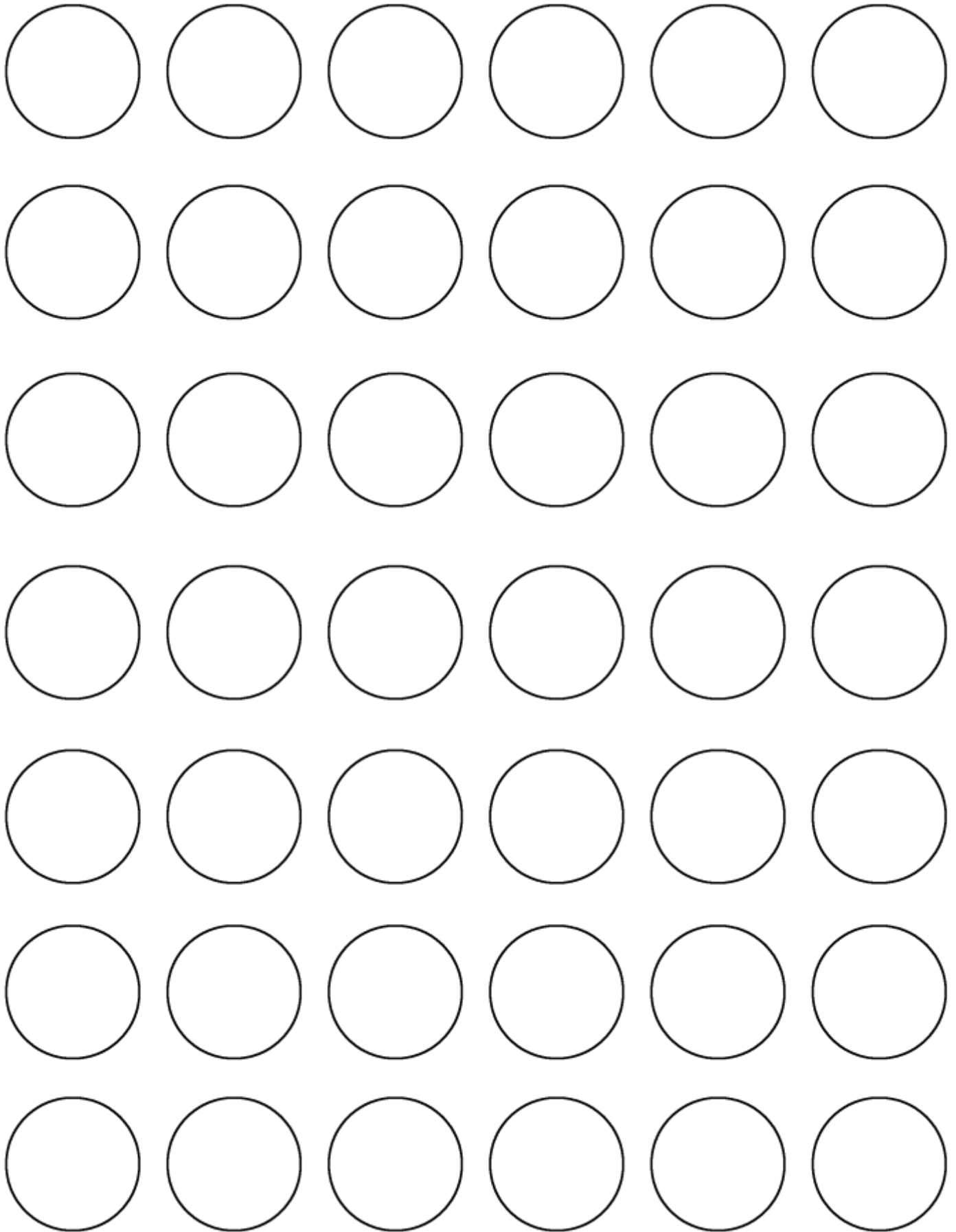
Play with your food: use a different plate, rearrange it, mix it up...

What was your favorite subject when you were younger? Dinosaurs? Stars? Cars? Re-visit that!



Many Doodles – fill the circles with doodles. More is better—the next page is a full page for you—just print and fill!





Start Creating Today!

What if you started micro-creating everyday – what would your life feel like?

Would you have more joy?

Would you feel more self satisfaction?

Would there be more color in you life?

What would **you** have more of?

So, why wouldn't you drink all this in?

I don't have time! It takes the same amount of time to live a drab colorless life as a vibrant shining life...

It's too hard! Umm, that's the point of micro-creativity: tiny acts of creativity are very do-able...

What will people think? This is the best part—they'll think you're "the creative one"!

Pick one micro-creation that looks like fun and practice doing it everyday for 2 weeks. Start seeing the creative water all around and walk out of that desert!



Who Made This?

Monette Satterfield is a beacon of creative inspiration leading you to reclaim your own creative joy! Her multicolored background, from science through business to art and writing, has led to her wholehearted belief in the creativity that resides in everyone.

