

# CREATIVE INPUTS CHALLENGE

*increase the size of your creative database*

Steven Kotler (author of FLOW) talks about the **CREATIVE** process having 3 parts:

1. mental risk-taking (the ability to bring new ideas to the world)
2. pattern recognition (the ability to link ideas together)
3. the size of the database searched by the pattern recognition system

This exercise will help you to increase the size of your database i.e. your brain and the experiences you have had.

*60 things to do...*

On the following 2 pages you will find a list of 60 different things to do.

The selection is completely random, because **CREATIVITY** is a bit random.

You never know which dots will connect or indeed, how they will connect together.

*enjoy*

See if you can complete all 60 tasks.

There's no need to do anything other than enjoy them for the sake of learning and experiencing something new.

Your **CREATIVE** brain will connect the dots together when the time is right.

**read a science fiction novel**



**watch a documentary about the universe**



**watch 3 TED talks**



**go to a museum-learn about 3 artifacts**



**get 5 random things & make something new**



**learn to fold an origami sculpture**



**think of 10 ways you could earn some £/\$**



**read a politics article in a newspaper**



**listen to a podcast: pick a subject you don't know**



**go for a walk in nature-learn about something you see**



**listen to a piece of classical music**



**buy a magazine & read it cover to cover**



**learn how to wire a plug**



**start learning a new language (duolingo)**



**watch a history documentary**



**learn how to meditate**



**learn 5 jokes**



**learn how to cook a tasty recipe**



**learn how to draw a face**



**learn how to write a haiku poem**



**learn 3 new and unusual facts**



**teach someone younger than you a skill**



**learn 10 really long words**



**read the biography of a person you admire**



**try a dish you have never eaten before**



**visit a totally new place**



**help an adult with some of their work**



**ask an adult about the things they love doing**



**volunteer for something**



**go to an art gallery**



**learn 5 different star constellations**



**read a book on greek mythology**



**research a spice that is in your spice rack**



**learn to read a clothing label**



**choose a random place on a map & read about it**



**learn how to make a granita**



**learn a cool magic/ card trick**



**make a cake or a loaf of bread**



**make some slime - how does it work?**



**learn 5 yoga poses**



**create your own gif on giphy**



**listen to a classic story free on loyalbooks**



**learn about body language**



**learn to play chess**



**learn how to play 5 field kono**



**read about the roman gods**



**learn about a planet in our solar system**



**learn how gravity works**



**learn 10 facts about the human body**



**learn how to play a tune**



**learn about an artist who you like**



**create some art in the style of the artist**



**learn about a job you'd like to do in the future**



**learn how to give a shoulder massage**



**write your name in graffiti style**



**learn how planes fly**



**make a papier mache sculpture**



**learn how to take a photograph**



**grab some stones and make a stone stack**



**learn how to make a mind map**

