



# 5 WAYS INTO CREATIVE FLOW...

...that help you turn your vision into life



## 1. Create an album of images...

that reflect the mood of your project. You can create a mood board of photos on [unsplash.com](https://unsplash.com), for example.

## 2. Think of good book titles!

Suppose you are writing a book on your topic or making a music album, what would be a good title? Write these titles down on a list. Whenever you think of one, write it down, no matter how crazy or cryptic it seems.

## 3. Who inspires you?

Are there people you hold in high esteem and who are role models for you? Which people touch you? What makes them special? What do you feel when you think of them?

## 4. What are you good at?

It is always difficult to put yourself in a positive light, but do it anyway :-). Focus on your strengths and write them down.

Ask people around you who know you well!

And remember: You are unique. Nobody is like you. What makes you special?

## 5 Get quiet and listen to yourself!

Meditation, for example, is a good tool to become quiet, to calm your thoughts, because only then can you hear what your intuition and your feelings want to tell you. Do yoga, a puzzle or a long walk - preferably alone. When the ego disappears, the real essence shows.