

# Creative Reset Ideas

This isn't a checklist to complete. It's a gentle menu to return to whenever creativity feels quiet.

## 1. Environment & Workspace

1. **Rearrange your desk or creative space.** Small shifts can spark big ideas.
2. **Open a window or step outside.** Fresh air clears mental clutter.
3. **Switch rooms.** Move your work to a new corner of your home for a change of perspective.
4. **Add a small sensory touch.** A candle, plant, or soft music can reset your mood.

## 2. Quick Creative Exercises

1. **Set a 10-minute timer.** Freewrite, doodle, or sketch with no expectation to keep it.
2. **One-color sketch challenge.** Choose a single pen, pencil, or marker and create freely.
3. **Copy a favorite quote in hand lettering.** Focus on form, not perfection.
4. **Mini collage.** Cut and paste from old magazines, printouts, or scraps you already have.

## 3. Play With Materials

1. **Limit your tools.** Use only three colors, three pens, or three materials for a new perspective.
2. **Repurpose what's on hand.** Try materials in new ways—paper, fabric, string, ribbon.
3. **Layer textures.** Combine two different surfaces or mediums in one small project.

## 4. Mindful Inspiration

1. **Take a nature walk with intention.** Notice colors, shapes, and patterns. Collect small natural items to inspire a project.
2. **Photograph small details.** Focus on light, shadows, or tiny moments at home.
3. **Observe a daily ritual.** Tea, coffee, sunrise—sketch or write about it



## 5. Intentional Rest & Reset

1. **Rest creatively.** A short nap, a warm bath, or quiet reflection counts as creativity too.
2. **Listen with intention.** Play music, podcasts, or ambient sounds and take notes or doodle along.