



SLUMP BUSTERS

Tips for getting out of a
creative slump fast

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Browse your go-to inspiration place

What's your favorite magazine? Favorite blog? Pinterest boards? Catalogs?

Switch up your inspiration place

Do you spend most of your time online? Try printed material instead.

Complete a small project

Find something you can start and finish in about 15 minutes. Spray paint a vase. Make a quick card using just washi tape.

Keep a project list

Start (or reference) the list you have of things you want to make or work on sometime. Maybe one of those will jump out at you today.

Organize

Take a few minutes to clean up part of your craft space, or organize one or two boxes of supplies. You may find something you forgot about.

Think outside your project

Look at recent fashion for colors or textures to incorporate in your project. Check out event posters for fonts and graphics.

Dip your toes in a new technique

Try a new art or craft supply - it doesn't have to be a whole new hobby, just a taste.

Listen to a podcast

While there are several about creativity specifically, you really just need to find anything that sounds interesting!

Build a playlist

Ask friends for songs they like to play while doing their creative work and hobbies and listen to them.

Get outside

Walk away from what you're working on and spend at least a few minutes in nature. Something may come to you - but it's good for your lungs, heart and brain either way





A writing template consisting of a vertical red line on the left side and horizontal red lines forming a grid. The grid is divided into 10 rows, each with a narrow left margin and a wide right margin for writing.