

WHAT YOU NEED TO FUEL YOUR CREATIVITY & STAY MOTIVATED

INTERIOR DESIGNER'S BUSINESS SCHOOL

Inspiration is the key to creativity. It is what keeps you motivated, gives you energy and sparks those thoughts inside of your mind that excites you to take action.

Use this exercise to help you to find what inspires you.

1 | Write a list of at least 50 things that you have enjoyed doing at least once in your life. Don't let that number scare you, just start, think back to when you were younger, what did you find fun? These could be things like reading a great book, travelling to a new place, lying on the beach or simply having a coffee in a beautiful place.

2 | Think about the things in this above list one by one. Are there any that stand out above the rest and make your heart jump, just a little? Write down any that make you long to do try again.

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3 | Choose at least 1 of the items in the first list and one of the things in the second list and put them in your diary to do today or at least in the next seven days. (You might not be able to go on a holiday, but you could start planning one out and possibly book it.)

4 | How did it make you feel doing that? Did you get even just a little excited? Put at least one thing from the first list into your diary to do every single day. That could be something as simple as take the pretty walk home rather than the shortest route or read an inspiring book at lunchtime. Don't just think about it, do it now, put it into your diary.

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5 | Now add the things from the second list into your life. Try to aim for doing something that you really love at least once per week (and more often if that's possible). See how much joy, creativity, passion and fun you can have, just by making a conscious decision to do what you love each day and appreciate it.



There are millions of distractions in life, and inevitably we fall back into the trap of the daily grind removing the things that make us happy and replacing them with things that "need to be done".

Put a note in your diary to do something fun or inspiring every day and prioritise it. That's the key to staying motivated and creative (and it makes life a lot more fun too!)