



NAME..... DATE..... RATING OUT OF 10.....

TITLE: THE IDEA TRIGGER

QUOTE: “The object isn’t to make art, it’s to be in that wonderful state which makes art inevitable” Robert Henri

OBJECTIVES FOR THE WEEK:

Start by visualising what you did last time you came up with an idea or were in a creative mood. Write down the core elements: Where were you, what were you doing, what could you hear, smell, taste etc.

See if you can recreate this or at least the key elements and spend some time in that environment. I find the south of France very conducive to big ideas, but you need to come up with something a bit closer to home.

Do you like distraction, do you hate distraction?

RESULTS:

