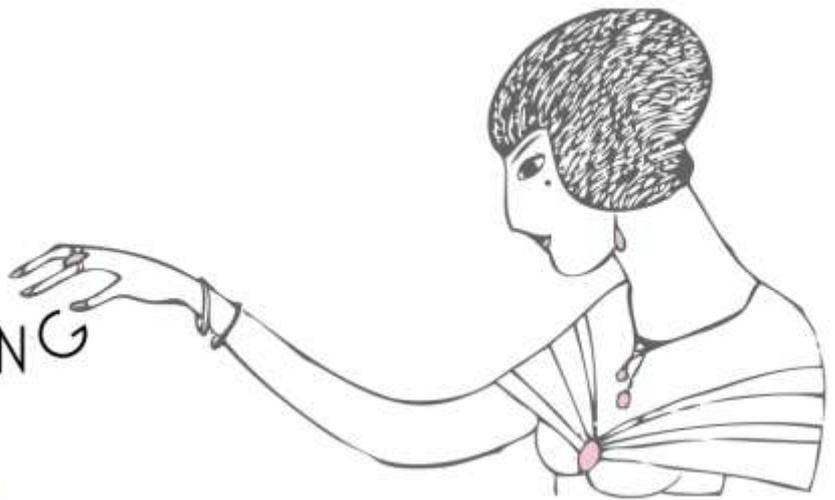


GET BUSY WITH WRITING

a collection of 31  
daily prompts to spark  
your inspiration and get creativity flowing



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## GET BUSY WITH WRITING

a collection of 31 daily prompts to spark your inspiration and get creativity flowing

Would you like to get more inspiration for your writing? Have more confidence in your creativity? Or perhaps you would like to come up easier with new ideas?

If you are one of those people who have been putting off doing their creative projects and simply think they don't have enough time to write or be creative, than this the real thing for you. It's been designed to show you that you are creative and every word in this workbook is oriented towards empowering your inspiration and building fulfilling creative life. For each day in the month you have a prompt, an exercise or just few words to spark creative fire residing somewhere in you.

This interactive workbook, (or journal, guide whatever you want to call it) will ask you questions, provoke your thinking, initiate you to smell, touch, feel, see, it can make you laugh, cry, dream or even dance! But most importantly, it will help you have fun while writing and exploring creative soul that might be hiding beneath the burdens of everyday life.

It is not intended to be filled, written or read in any particular order – the way you decide to use it is the right way. Each prompt can be used in multiple ways: to write a story, poem, to use it for brainstorming new ideas or assessing your ongoing projects. Browse daily prompts and pick one you feel like doing that day. You can separately print them or use them in a consequent order. Most importantly, each day of the month you go on a new exploration of both your inner and outer world.

Among them you will also find inspirational quotes and poems to further spur your creative spirit and simply give you that wind in your writing wings we all need from time to time. In the electronic version of this piece you will find references to other interesting articles in the domain of creativity, writing and art to further enrich your journey towards achieving creative goals.

Keep in mind to do some preparations before embarking on your everyday creative journey:

### *Make time*

One of the first key things to do is to make time for creative practice/exercise. In my own experience, whenever I feel constrained by time or my tight schedule – it's simply additional pressure that kills every motivation for creative work. Your mind drifts away thinking about the errands and home chores you need to do ... So it's not going to work. Making time, being able to do things at your own pace is of vital importance. Having a problem here? The first prompt is designed to help you with your productivity.

### *De-stress*

Once you make enough time, it's very important to set the right "mood" in our mind, simply to get relaxed enough before thinking or brainstorming about new idea. Deep rhythmical breathing for a few minutes, visualization, light yoga or any type of meditation can do a wonder!

These steps allow us to be gentler with ourselves – meaning that we don't push ourselves too much if work/idea development doesn't go the way we want. It can bring additional emotional burden that doesn't help and doesn't serve us.

And as a warming up, fill in the blanks:

This book belongs to: \_\_\_\_\_

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---

I am creative when \_\_\_\_\_

---

---

I dream of \_\_\_\_\_

---

---

I am ME when I \_\_\_\_\_

---

---

and All that I need is \_\_\_\_\_

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## Table of contents:

<i>Prompt 1: Charge your day with creative daily routine</i>	6
<i>Prompt 2: Awaken your creativity</i>	8
<i>Prompt 3: Get acquainted with your creative side</i>	10
<i>Prompt 4: Let gratitude empower your creativity</i>	12
<i>Prompt 5: Blend and tune in</i>	14
<i>Prompt 6: What's in the news today?</i>	16
<i>Prompt 7: Fragrance in your words</i>	17
<i>Prompt 8: Find a color contrast that appeals to you</i>	19
<i>Prompt 9: Tip-toe through your bag</i>	20
<i>Prompt 10: React to given act</i>	21
<i>Prompt 11: The moment</i>	23
<i>Prompt 12: Acrostic alphabet</i>	24
<i>Prompt 13: Dive in the absurd</i>	25
<i>Prompt 14: Limit yourself on purpose</i>	26
<i>Prompt 15: Play with the “what if” clause</i>	27
<i>Prompt 16: Dare to compare!</i>	29
<i>Prompt 17: Catch new ideas while redefining the obvious</i>	31
<i>Prompt 18: Organize your own creativity workshop!</i>	33
<i>Prompt 19: “Collage” your way to creativity: let the rebel out!</i>	35
<i>Prompt 20: In between rhyme</i>	37
<i>Prompt 21: Reuse</i>	38
<i>Prompt 22: Reduce</i>	39
<i>Prompt 23: Recycle</i>	40
<i>Prompt 24: Mix and match</i>	41
<i>Prompt 25: Work with opposites</i>	44
<i>Prompt 26: Mind mapping through poetry</i>	46
<i>Prompt 27: Let’s travel</i>	48
<i>Prompt 28: Going sideways for boosting creativity</i>	50
<i>Prompt 29: Visualize with words</i>	52
<i>Prompt 30: Try walking in their shoes</i>	54
<i>Prompt 31: Group effort</i>	55
<i>Bonus productivity exercise</i>	57

## Prompt 1: Charge your day with creative daily routine

*"The secret of your future is hidden in your daily routine"*

- Mike Murdock

There are those days, especially in the winter (when most of the days are short and dark) that you think: "I just don't feel like doing anything creatively today – there's too much other stuff I need to do". And what happens is that you don't feel like doing *anything* at all! Hence, if we set the right intention for the day and start our morning routine in meaningful way, which can influence the tone even for the week ahead - it's worth a try to do something in the morning that can boost your creativity and get your productive flow running.

For me it is to have a fruit bowl in the morning, followed by a half an hour yoga session. I never skip breakfast, but sometimes I'm just too lazy (I admit! :) ) to get on my yoga mat and start stretching, but even in those mornings I try to convince myself how good I will feel afterwards – energetic and motivated.

There are few simple, yet effective exercises we can apply and practice in our daily routine, which can help us to cultivate that creativity spark and productive flow.

If we don't do what helps us to start our day right, the whole day can be a waste of time and energy.

The next exercise I'm suggesting will help you to figure out what's important to you and how to incorporate that in your productive day:

1. Describe what your typical morning looks like: what you do, how you do it; estimate the time between getting up and starting your work day (half an hour, hour, two hours?). Write everything: how you feel, what you do, what you like about it, what you don't like about it. Write it in a form of free writing or you can write a poem – it doesn't matter: just get it out what's on your mind.

2. Now, turn the page and try to remember what the morning of your exquisitely productive day looked like: what you did, how you felt, what was essential for that productive day – write everything down.
  
3. Compare: is there anything missing in your typical morning routine comparing to one of the extremely productive day? Are you getting enough sleep? Do you need extra help around house errands? Do you skip your workout? Notice that one key element and think of ways to incorporate more of that in your typical mornings. Don't try to change everything, just one thing – start small and see how that affects your productivity.

Being mindful about your morning routine and applying small changes can help us get those small increments in our productivity that can turn our day from boring to fabulous.

## Prompt 2: Awaken your creativity

*"There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique."*

- Marta Graham

Sometimes, all that we need is just a little nudge to keep us moving forward and invoke some new ideas. But often, you don't know where to start. I suggest: start simply, from the most basic things:

*What makes you smile?  
What makes you angry?  
What are you curious about?  
Who would you like to be?*

Write a poem answering these questions – treat them like a little poetry prompts, with that difference that you don't have to share them with anyone, they are for your eyes only, for your own journey to awakening creativity. You can actually start your own creativity journal where you daily reflect on your ideas, feelings, experiences, circumstances; how any of these factors influence your creative power you certainly have residing within you. It just needs to be properly initiated and directed.

*Poetry to us is given  
As stars beautify the heaven,  
Or, as the sunbeams when they gleam,  
Sparkling so bright upon the stream ;  
And the poetry of motion  
Is ship sailing o'er the ocean  
Or, when the bird doth graceful fly,  
Seeming to float upon the sky;  
For poetry is the pure cream  
And essence of the common theme.  
Poetic thoughts the mind doth fill,  
When on broad plain to view a hill ;  
On barren heath how it doth cheer  
To see in distance herd of deer.*

*And poetry breathes in each flower  
Nourished by the gentle shower,  
In song of birds upon the trees  
And humming of busy bees.  
'Tis solace for the ills of life,  
A soothing of the jars and strife;  
For poets feel it a duty  
To sing of both worth and beauty.*

James McIntyre

### Prompt 3: Get acquainted with your creative side

*"Talking to paper is talking to divine. It is talking to an ear that will understand even the most difficult things. Paper is infinitely patient."*

- Burgild Nina Holzer

For this daily prompt think of certain words like:

*creativity*  
*passion*  
*purpose*  
*inner voice*  
*stillness*  
*success*  
*failure*

and try to picture in your mind, metaphorically, what kind of living being each word could be? What kind of associations does it bring? Is it an animal, plant, flower, tree, insect, child, another person, describe everything in detail, write a short story about it. It will help you reconnect with your creative force to more vividly sense what it means for you to be alive, creative – where to search for your passions and purpose.

*Build on resolve, and not upon regret,  
The structure of thy future. Do not grope  
Among the shadows of old sins, but let  
Thine own soul's light shine on the path of hope  
And dissipate the darkness. Waste no tears  
Upon the blotted record of lost years,  
But turn the leaf, and smile, oh! smile, to see  
The fair white pages that remain for thee.  
Prate not of thy repentance. But believe  
The spark divine dwells in thee: let it grow.  
That which the unpreaching spirit can achieve,  
The grand and all creative forces know;  
They will assist and strengthen as the light  
Lifts up the acorn to the oak-tree's height.*

*Thou hast but to resolve, and lo! God's whole  
Great universe shall fortify thy soul.*

Ella Wheeler Wilcox

## Prompt 4: Let gratitude empower your creativity

*"Gratitude opens the door to ...the power, the wisdom, the creativity of the Universe. You open the door through gratitude."*

- Deepak Chopra

In almost any religion and culture we have heard of the importance of being grateful: to search for positive aspects in life instead of delving on what is wrong and how world is a bad place to live in. Our modern and fast paced environment has so much to offer: yet we get trapped into trivial and petty things instead of concentrating our attention on more important experiences. Those negative feelings that arise can literally block our creative energy, potential for problem solving and seizing the opportunities.

Gratitude can help us combat fear and anxiety. That feeling of appreciation opens the door for receiving even better things to flow into your life. Experience of positive emotions and nurturing the state of well-being helps us to engage in the activities that encourage discovery and growth. Your observation improves; your relationship with the environment improves and you tackle problems from different angles. Every problem comes with some sort of stress and crisis, but instead of wasting your precious energy on what you lack, you can learn from new situation and reinforce your ability to cultivate sense of inspiration.

Of course, being content and grateful doesn't mean neglecting the problem and looking at the world through pink glasses. It's about finding self-confidence in every situation and feel liberated to explore the world as what it is.

Gratitude, like creativity, can be developed through practice.

Here are some ideas where to start:

1. Read something inspirational at the start of your day;
2. Imagine experiencing your good;
3. Celebrate your small everyday victories;
4. End your day with thinking of 3 things you are grateful for.

Poetry does have that restorative power, so use it into your own advantage: as you might pour out those negative feelings in your poetry, try also to step back and write your poem about all good things in your life, that you love and care about. The more you write, the more things you will find you like about your life.

This beautiful sonnet by Alan Seeger offers a different perspective on our modern lives and stuffed cities, where we can see beauty and light in our ordinary surroundings.

*Down the strait vistas where a city street  
Fades in pale dust and vaporous distances,  
Stained with far fumes the light grows less and less  
And the sky reddens round the day's retreat.  
Now out of orient chambers, cool and sweet,  
Like Nature's pure lustration, Dusk comes down.  
Now the lamps brighten and the quickening town  
Rings with the trample of returning feet.  
And Pleasure, risen from her own warm mould  
Sunk all the drowsy and unloved daylight  
In layers of odorous softness, Paphian girls  
Cover with gauze, with satin, and with pearls,  
Crown, and about her spangly vestments fold  
The ermine of the empire of the Night.*

Alan Seeger

## Prompt 5: Blend and tune in

*"That is beautiful which is produced by the inner need, which springs from the soul."*

- Wassily Kandinsky

What triggers and inspires creativity in one person is quite individually. There are a lot of factors influencing this process, but usually it is something that catches our attention (like curiosity) and initiates that idea from which everything else begins. So today I want to invite you to pay attention to your surroundings. We all tend to sink into our own minds, thoughts drifting on their own ... But focusing and paying attention to our surrounding is of great importance since it reflects our abilities to spot opportunities and act upon them; turn that inspirational thought into something viable and move forward with your creativity.

*Listen to everything and everywhere.* 'Blend and tune in' with your environment and listen to the sounds, conversations (I'm not suggesting you spy on anyone!) and notice what randomly catches your attention: a word, song, laughter, baby cry ... and write about it. Let that be the initial spark of something you absorbed from your environment and you are creating further. Don't censure yourself, just write your story, a poem or whatever comes – let it surface.

Interesting fact: Wassily Kandinsky (1866-1944) was a Russian painter and one of the founders of Expressionism movement. He became famous for his abstract art. Most of his paintings were influenced by the music he was listening to. Kandinsky was on quest to break the barriers between different arts and actually tried to connect them in his work. "Concerning the spiritual art" is the most influential piece that left its mark on the abstract art of the 20th century.

So, as Kandinsky was painting his music, you can go step further and write a poem influenced by the music you hear. The idea is not to describe the music, but rather let yourself feel the music - take you to different place, different time. If you feel like dancing, dance. If you don't want to be disturbed, secure that peaceful moment and with calm and ease pursue your activity. Imagine what you hear absorbs you like sponge and you are like

water: liquid, flexible, traveling through different sounds, shapes, colors and words. Let music guide you and write without censoring, without limitation. Along the way you can sketch, you can develop your visual story... whatever feels right at that moment. There is no goal to achieve, except to escape the rational and let your inner creativity shine.

For this exercise I propose three classical pieces:

1. *The Four Seasons* by Antonio Vivaldi
2. *Adagio* by Tomaso Albinoni
3. *Bolero* by Maurice Ravel

Or just turn on your radio, play your favorite song and follow the rhythm. Music evokes different emotions and don't fight it - just let it be and surrender to it. Your creative spirit will find its way for the most appropriate expression. I chose classical music with purpose, because it is believed that classical music makes you more honest with yourself, improves communication, memory and in general improves our stress levels, which is crucial for creative thinking.

### A Violin at Dusk

*Stumble to silence, all you uneasy things,  
That pack the day with bluster and with fret.  
For here is music at each window set;  
Here is a cup which drips with all the springs  
That ever bud a cowslip flower; a roof  
To shelter till the argent weathers break;  
A candle with enough of light to make  
My courage bright against each dark reproof.  
A hand's width of clear gold, unraveled out  
The rosy sky, the little moon appears;  
As they were splashed upon the paling red,  
Vast, blurred, the village poplars lift about.  
I think of young, lost things: of lilacs; tears;  
I think of an old neighbor, long since dead.*

Lizette Woodworth Reese

## Prompt 6: What's in the news today?

*"Literature is news that stays news"*

- Ezra Pound

I particularly don't like the news and don't listen/read them, but for the sake of this exercise give it a try: pick one news headline and that can be something you really dislike; now write your own news that are quite the opposite, news you would like to hear or read in the newspaper, news in the form of poem or a story. I know, it can feel a bit strange – first writing news (and you are probably not a news reporter, just like I'm not) and second – making a poem out of it. But that's the purpose of this exercise: to stretch our minds and look for solutions and possibilities where we are unlikely to find them.

*'T is you that are the music, not your song.  
The song is but a door which, opening wide,  
Lets forth the pent-up melody inside,  
Your spirit's harmony, which clear and strong  
Sings but of you. Throughout your whole life long  
Your songs, your thoughts, your doings, each divide  
This perfect beauty; waves within a tide,  
Or single notes amid a glorious throng.  
The song of earth has many different chords;  
Ocean has many moods and many tones  
Yet always ocean. In the damp Spring woods  
The painted trillium smiles, while crisp pine cones  
Autumn alone can ripen. So is this  
One music with a thousand cadences.*

Amy Lowell

## Prompt 7: Fragrance in your words

*"What's in a name?*

*That which we call a rose by any other name would smell as sweet."*

- William Shakespeare

For today, get ready to become nosy. This writing proposal is about object writing. It's direct and straightforward. Pick a random object and recall memories and associations you hold towards it. What scent does the object invoke in you? What feelings? Use different metaphors, adjectives to do this exercise.

**Book** - as an object, for example:

*It's the scent of history, of collected words to drive knowledge. It's the smell of rainy days and warm nights as I'm reading my favorite novel..*

Senses are very important as they are carriers of information we use to perceive our environment. Use them frequently in your writing.

*Be glad your nose is on your face,  
not pasted on some other place,  
for if it were where it is not,  
you might dislike your nose a lot.*

*Imagine if your precious nose  
were sandwiched in between your toes,  
that clearly would not be a treat,  
for you'd be forced to smell your feet.*

*Your nose would be a source of dread  
were it attached atop your head,  
it soon would drive you to despair,  
forever tickled by your hair.*

*Within your ear, your nose would be  
an absolute catastrophe,  
for when you were obliged to sneeze,*

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