

GET YOUR MOJO BACK

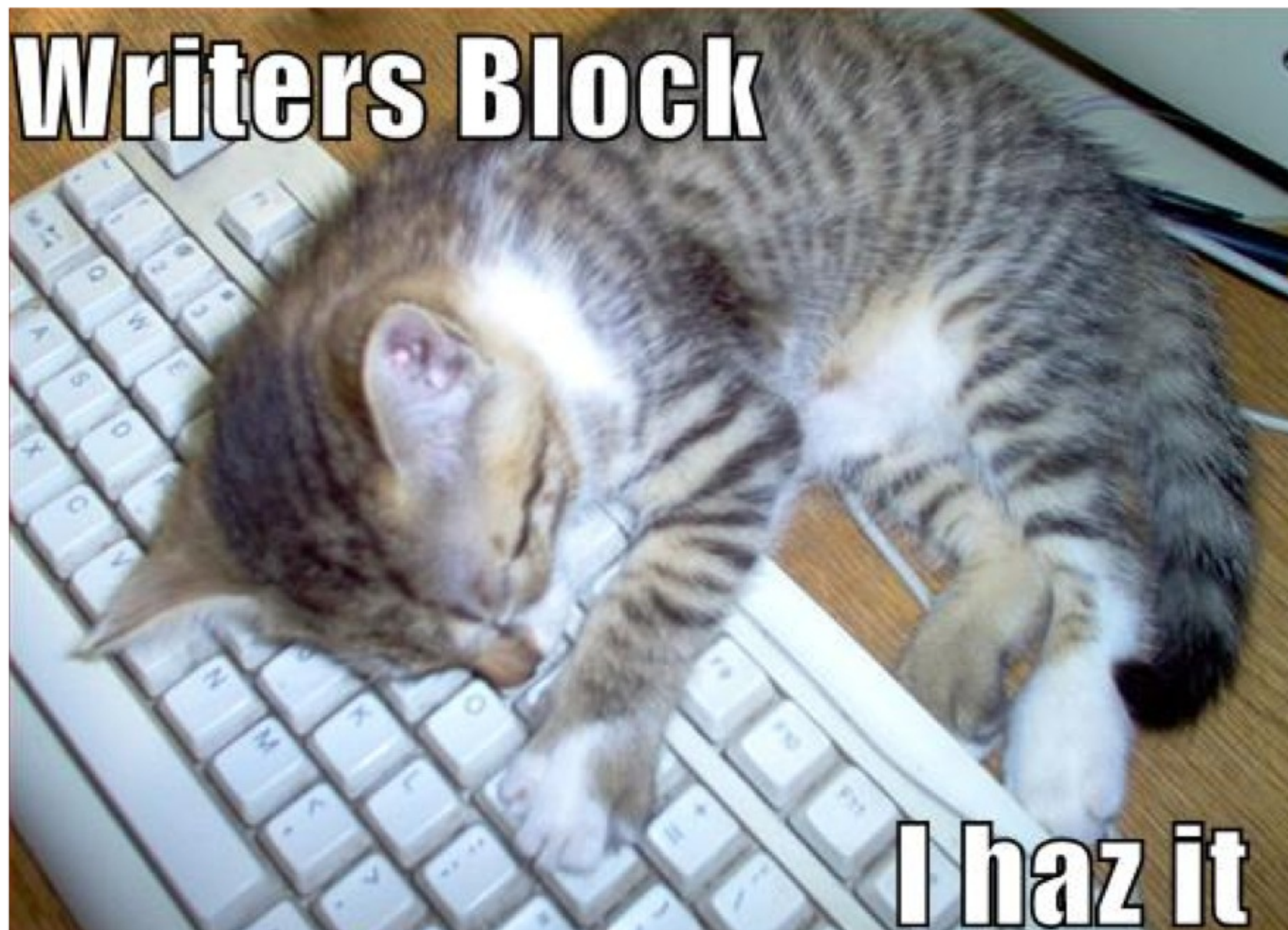
How to be creative
when you can't create
anymore

Laura Moncur

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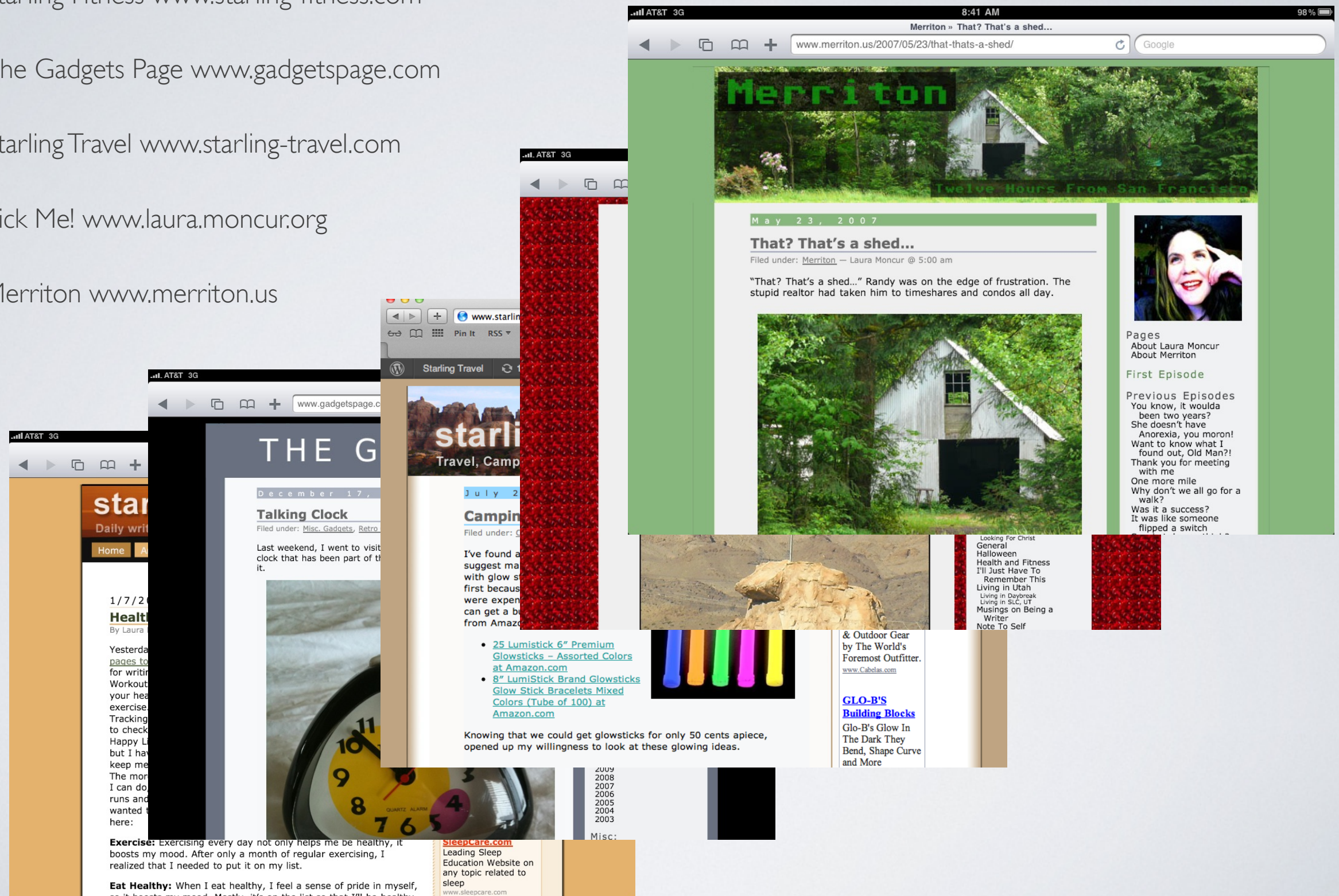
Writers Block



I haz it

MY BLOGS

- Starling Fitness www.starling-fitness.com
- The Gadgets Page www.gadgetspage.com
- Starling Travel www.starling-travel.com
- Pick Me! www.laura.moncur.org
- Merriton www.merriton.us



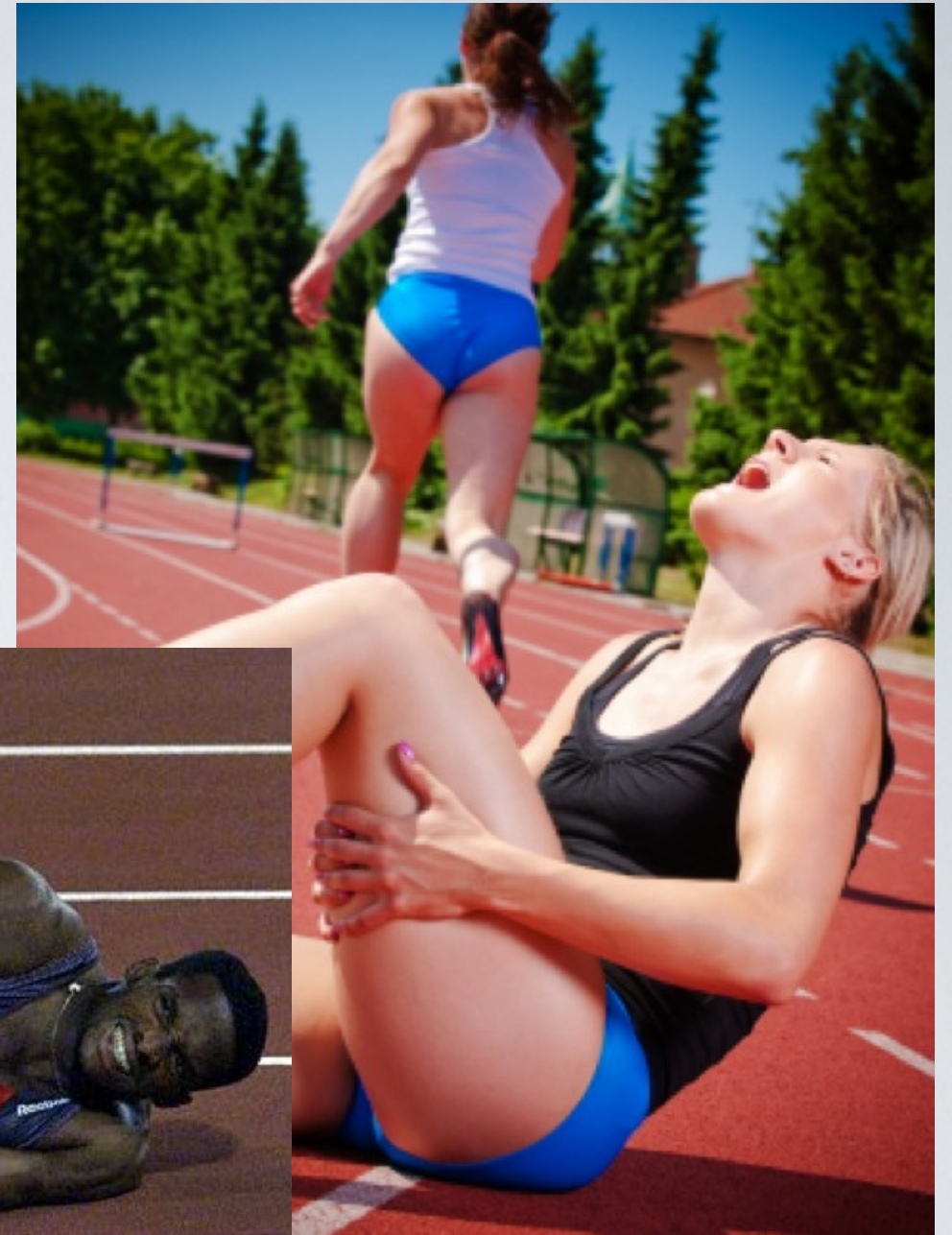
I NEED TO WRITE SEVEN ENTRIES A DAY MONDAY THROUGH FRIDAY

- I got to the point where I was lucky if I posted once a month...
- I truly felt like someone had stolen my mojo



GET YOUR MOJO BACK

- Doesn't matter what you create (programming, painting, writing, music, photography, comics, dance, basket weaving, etc.)
- You don't have to believe in god, the universe or muses
- You can start working on this RIGHT NOW



YOU'VE INJURED YOURSELF

Syngapathy

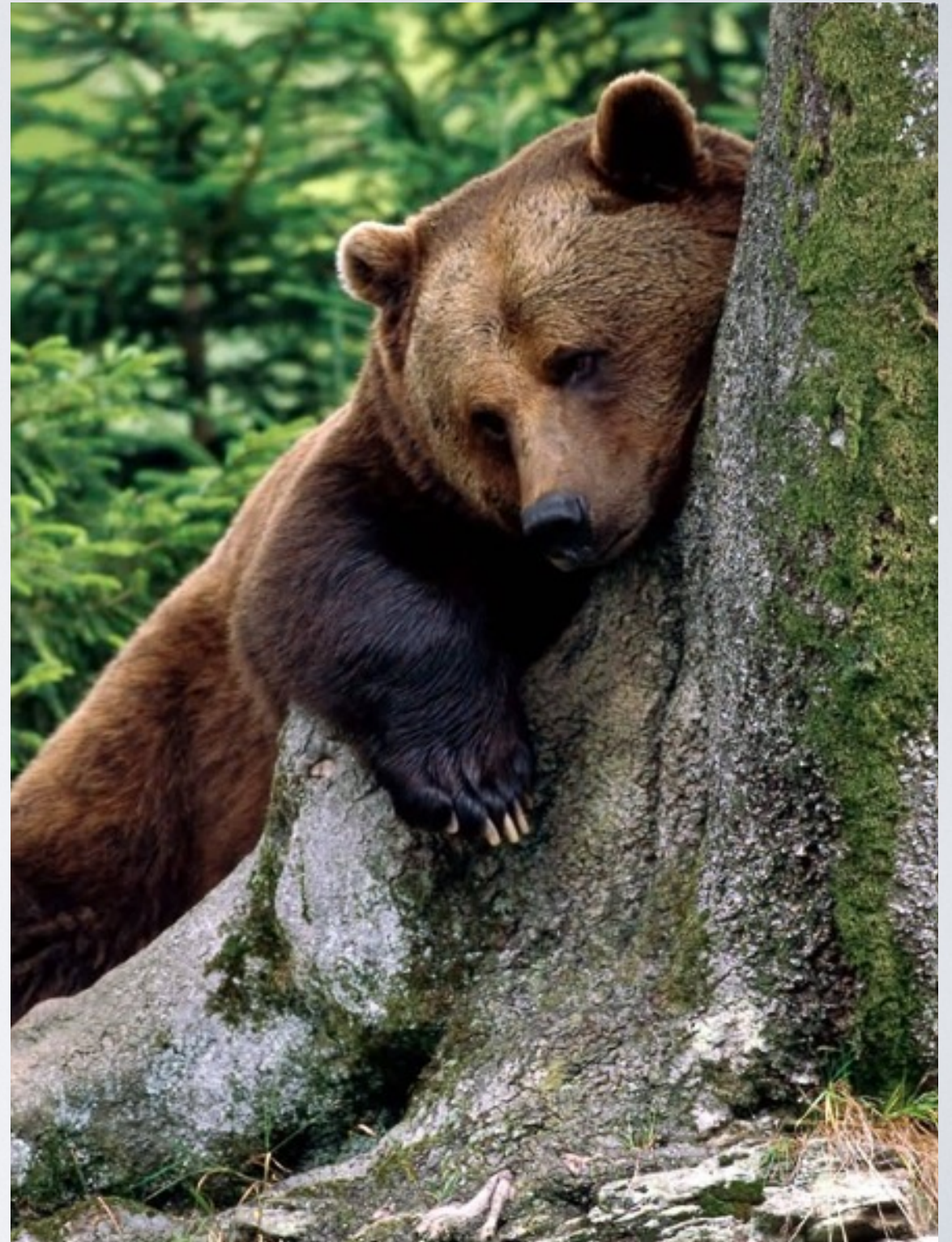
HEAL YOUR CREATIVITY WITH R.I.C.E.

- Rest
- Ice
- Compression
- Elevation



REST

- Not being able to create isn't the same as not creating
- Consciously step away from creativity for at least a week without guilt
- You are taking a rest from the GUILT of not being able to create



ICE

- Put all your current projects on ice
- You don't have to finish them
- You can always come back to them later



COMPRESSION

- Ideas will still come, but you need to wrap them up in one place so you won't forget them
- Document your ideas somehow (sketch, write notes or take photos)
- Don't turn your ideas into new projects to feel guilty about



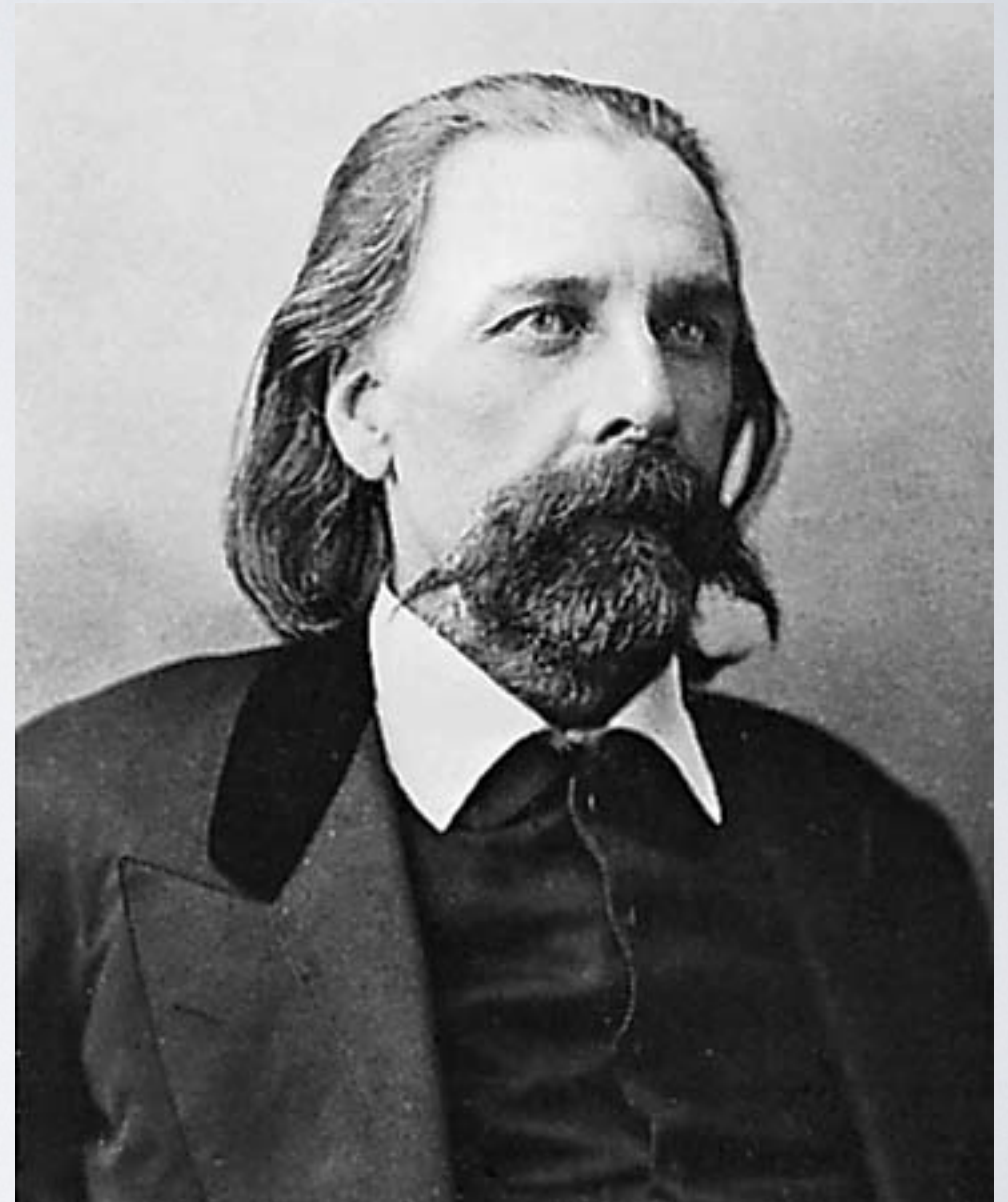


ELEVATION

TOTALLY IMMERSE YOURSELF IN THE ART OF OTHERS

“About the most originality that any writer can hope to achieve honestly is to steal with good judgment.”

- Josh Billings



TOTALLY IMMERSE YOURSELF IN THE ART OF OTHERS

- Writers should read
- Painters should visit museums
- Programmers should look at code
- Musicians should listen to music



GO ON AN ART FAST

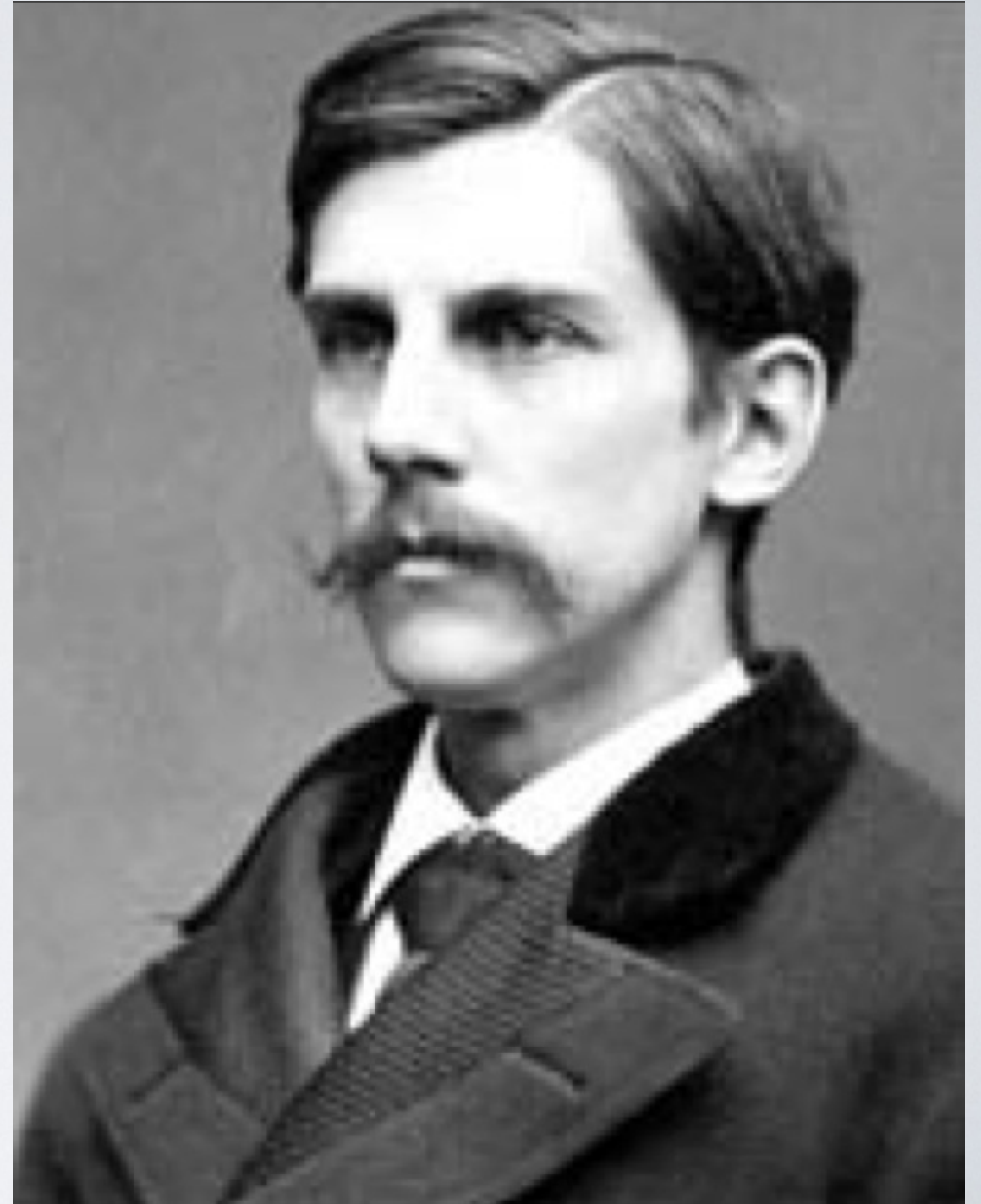
- No media
- Do ANYTHING, but stay away from any media.
- Really let yourself get HUNGRY



BATHE YOURSELF IN A DIFFERENT KIND OF ART

Take a music bath once or twice a week for a few seasons, and you will find that it is to the soul what the water bath is to the body.

- Oliver Wendell Holmes



EXPOSE YOURSELF TO NATURE

“One cannot fix one’s
eyes on the
commonest natural
production without
finding food for a
rambling fancy.”
- Jane Austen



EXPOSE YOURSELF TO NATURE

- Take a hike in the canyons
- Drive to a local wild area
- Visit local zoos and aquariums
- Take a drive through the desert
- Find a nearby park



TRAVEL TO A DIFFERENT LOCALE

“The peculiar thing about programmers is that they're the one profession that can easily work remotely and travel, and yet they're the one profession that doesn't. Of course there are exceptions, but on my travels I didn't meet another programmer doing anything similar; a sad state of affairs. My message to fellow programmers is stop making excuses, man up and do it.”

- Alex McCaw



TRAVEL TO A DIFFERENT LOCALE

- You don't need to go far or spend a lot of money
- Crash on your friend's futon in a different city
- Go to a nearby small town
- Go to a larger city
- Talk to the locals



OTHER ELEVATION IDEAS

- Take a vow of silence
- Learn a new sport
- Do volunteer work
- Learn a new language
- Find Jesus





AFTER R.I.C.E.

EASE INTO WORK

- Don't injure yourself again
- Take it SLOW
- Return to R.I.C.E.
- Care, Sympathy and RESPECT



YOU CAN GET YOUR MOJO BACK!

- Rest
- Ice
- Compression
- Elevation
- Ease back into work



QUESTIONS? IDEAS?

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