



5 Creativity Hacks to *Make Shift Happen*

Feeling stuck and unable to move forward with your ideas? Overcome worry and shift back to the path of productive creativity with these five tips.

#2

Shift Into Motion

Tackle the next small action you can take to move your project forward.

#3

Shift To Sprints

Single-task with no distractions for 25 minutes, followed by a 5 minute break.

#1

Shift Out of Stuck

Tell your paralyzing inner critic that it's not needed right now and to come back later to vet ideas.

#4

Shift Into Alpha

During your 5 minute break, access alpha brainwaves: take a walk, lie down with your eyes closed, or daydream.

#5

Shift Your Perspective

To spark fresh ideas, create a new mindframe by taking your laptop and working somewhere else.