CUT OUT. PULL ONE. CREATE.

# The Creativity Jar




30 creative challenges for people who don't think they're creative.

No talent required

Messiness included

5 to 15 minutes a day

By Karen Cousins

@bykarencousins

Snack on creativity.

*Why creativity?*

In recent years, I've watched a trend that worries me.

# We're consuming more than ever. However, we don't create nearly as much.

**Creating can sometimes be uncomfortable. Consuming is not.** But you can't learn to run a marathon by watching marathons. And you can't become a surgeon by watching Grey's Anatomy (trust me, after watching 22 seasons, I've tried). If you want to learn how to think, and feel, and create again, then you need to trust the process!

I have this rule for myself. I have to do **one creative thing every single day.** And so I thought: why not let you try it for yourself?

*Creativity is*
**the springboard to innovation.**

*It's*
**the spark behind every great idea.**

*It's what gives you*
**the push to keep going when you feel stuck.**

## Your creativity isn't a resource that can EVER run out.

In fact, the more you use it, the more you have!

*The idea*

## Snack on creativity every time you're feeling hungry for inspiration.

**Create.**

*one a day*

# How it works

1. Get a jar. Mine is a candle holder from a friend ;)
2. Cut out each card on the next pages, fold it, drop it in.
3. Pull one every morning, before you open your inbox.
4. Do it today. Most take five to fifteen minutes.
5. **The only rule: nobody is marking this.**
6. Tag me **@bykarencousins** when you do yours. I would LOVE to see and do this together.

COLOUR KEY

- Five minutes or less
- At work
- Out loud
- Words and stories
- With your hands
- With your people
- The brave ones

# Cut. Fold. Drop it in.

cards 1 to 12

Five minutes or less 01

Have a five-minute dance party when you're feeling frustrated or "stuck" during work. One song, full commitment.

@bykarencousins

Five minutes or less 02

Write a three-line poem about your inbox.

@bykarencousins

Five minutes or less 03

Doodle through your next call instead of checking your phone.

@bykarencousins

At work 04

Write down three ideas before you open ChatGPT or Claude (every time you want to use AI).

@bykarencousins

At work 05

Solve today's problem as if you had no budget. Then as if you had unlimited budget.

@bykarencousins

At work 06

Swap one meeting for a walking meeting.

@bykarencousins

At work 07

Change where you sit for an hour.

@bykarencousins

Out loud 08

Sing in the car. Windows down if you're brave.

@bykarencousins

Out loud 09

Read a page of any book in an accent.

@bykarencousins

Out loud 10

Record a voice note to yourself a year from now.

@bykarencousins

Out loud 11

Narrate making dinner like a nature documentary.

@bykarencousins

Out loud 12

Start your next big presentation by telling a story.

@bykarencousins

# Cut. Fold. Drop it in.

cards 13 to 24

Words and stories 13

Write a thank-you note or a letter by hand and post it.

@bykarencousins

Words and stories 14

List ten things you loved when you were a kid.

@bykarencousins

Words and stories 15

Write the opening paragraph of the book about your life.

@bykarencousins

With your hands 16

Make something from whatever is in your bag.

@bykarencousins

With your hands 17

Paint something.

@bykarencousins

With your hands 18

Build the tallest tower you can from things in the kitchen.

@bykarencousins

With your hands 19

Cook something without a recipe.

@bykarencousins

With your hands 20

Make a vision board.

@bykarencousins

With your hands 21

Plant something, or re-pot something. It can even be a herb for your kitchen!

@bykarencousins

With your hands 22

Draw someone in your house without looking at the page.

@bykarencousins

With your people 23

Hold a family/friend talent show. No talent needed ;)

@bykarencousins

With your people 24

Cook a dish from where you grew up and tell the story behind it.

@bykarencousins

# Cut. Fold. Drop it in.

cards 25 to 30 + yours

With your people 25

**Start a book club with one colleague.**

@bykarencousins

With your people 26

**Make someone a playlist, and send it to them.**

@bykarencousins

The brave ones 27

**Post something you made on Instagram.**

@bykarencousins

The brave ones 28

**Sit with a blank page for ten minutes. See what turns up.**

@bykarencousins

The brave ones 29

**Say yes to something you'd usually say no to.**

@bykarencousins

The brave ones 30

**Write down one creative thing you'd do if nobody was watching. Then do a tiny version of it.**

@bykarencousins

Your own idea 31

@bykarencousins

Your own idea 32

@bykarencousins

Your own idea 33

@bykarencousins

The more you use your creativity, the more you have.

# So go on. Create.

@bykarencousins

# My Creativity Jar

*Colour in a circle every time you pull one.*

| | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |

**My favourite one:**

**The one that surprised me:**

Tag me @bykarencousins when you do yours. I would LOVE to see and do this together.

*Go on. Create.*