

Short-Term Rut Busters

Become a Pattern Hunter

Short-term ruts are born from routine so bust those recurring behaviors.

Solve Something New

Find a new problem to solve even if that problem is completely made up.

Flipping the Page

If your output is suffering, check your input.

Get Handy

Studies have shown that the mind is more engaged when the hands are active so make something.

Get Out

Leave small spaces in your daily calendar for small, new experiences.

Become a Game Maker

Make play a natural part of your creative process.

Mid-Term Rut Busters

Become a Student

Take a class in a fringe subject.

Get Lost in a Passion Project

Take on a side project for love, not for money.

Turbocharge Your Current Travel

Plan and complete creative challenges during business travel opportunities.

Improvise

Take a comedy improv workshop.

Tap the Crowd

Hit up industry conferences and local talks.

Get a Posse

Build your own creative support group.

Long-Term Rut Busters

Get Moving

Start or change an exercise routine.

Unplug

Put away the digital distractions.

Restructure

Change where you are spending your time and energy.

Do Something Difficult

Take on a big task and stay the course.

Plan and Take a Creative Vacation

Don't just unwind; recharge.

Find Your Wisdom Bearer

Someone you know has more answers than you do.