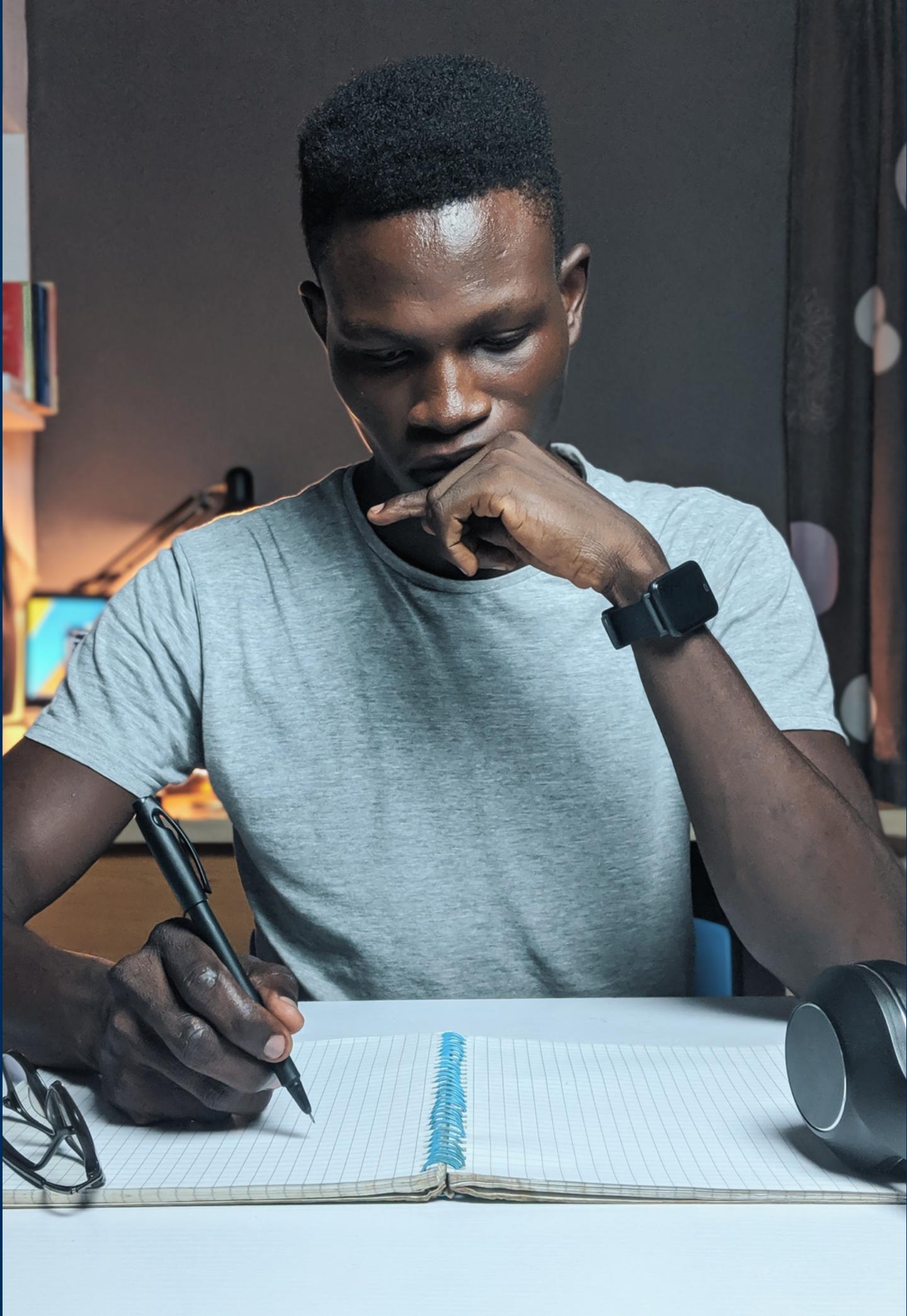




Morning Pages





"The morning pages are a hack I never knew I needed."

Morning Pages were made famous more than 25 years ago in the best-selling book *The Artist's Way* by Julia Cameron. But the practice is not just for artists! It's a life-hack used by many successful business people, entrepreneurs, people who create social impact, and of course tech talent! Doing morning pages every day has been shown to increase creativity, positive mood, and big-picture thinking for all kinds of people.

But, the point of Morning Pages is NOT what you write in them to be creative. Rather, it provides you the opportunity to clear out space in your head, so that your mind is more open to receive inspiration.

Here are the rules of how Morning Pages work:

- If you can do them first thing when you wake up, that's the best. But any time of day is ok.
- Just get a pen and paper and start writing! (Or keep a Morning Pages journal). You must do this by hand – don't type!
- Write whatever pops into your head! Really, whatever's there. Just write it!
- Don't stop writing. Don't re-read what you've written. Don't go back and edit.
- If you don't know what to write, then write, "I don't know what to write. Maybe it's because..." and you're off again. Just keep the pen moving!
- Write 3 pages.
- When you're done, put them in an envelope (or burn them)! Don't re-read them. Don't share them with anyone.
- Remember, the point of Morning Pages is the process and not the product.



Movement





Get out of your head, and get into your body!

Much of our creative thinking is not conscious. Insight and creative ideas are more likely to appear when we are not forcing something to happen. Carving out intentional time to just be in your body is an important skill!

Research is abundant on the many valuable benefits of regular exercise. Not just limited to your physical health, exercise improves your mood, productivity, and your creativity as well.

The most important thing is not that you do exercise of any particular kind, but that you just move your body in some way every day, preferably for at least 20 minutes. Walking is just fine! Or pick any activity that you like! If you find it's something you enjoy, you'll be more likely to do it!



Mindfulness Meditation





“Meditation makes the entire nervous system go into a field of coherence.”

In the past two decades, research has shown mindfulness meditation's benefits: improved concentration, greater calmness, and increased self-awareness. This practice is universal, involving relaxing the body and focusing on the breath to heighten awareness of thoughts and feelings.

Contrary to the misconception of clearing the mind, mindfulness aims to increase awareness. Backed by studies, it promotes a calm nervous system and enhances creativity, clarity, focus, and insight—ideal for the ALX student!