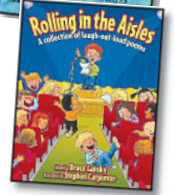
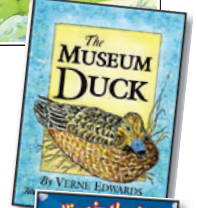
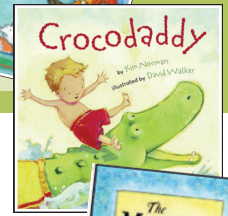


Kim Norman

Children's Book Author, Poet & Performer

email: kimnorman@mac.com

www.kimnormanbooks.com



VSRA 2010

"A Little on the Side: Squeezing creativity into an overbooked life"

presenter:

Kim Norman

www.kimnormanbooks.com

A dozen habits to foster creativity

1. Find your creative zone: Is it walking, showering, driving, gardening? We all have places where our creativity kicks in. Be ready to pay attention when it does.

2. Persistence: Like Edison "Invention is 1% inspiration, 99% perspiration" So don't be in awe of the finished product. Think of all the tiny steps that lead to the finished product.

Read Linda Sue Park article in Hornbook -- tribute to Katherine Paterson, feeling, yes, "I can write 2 pages a day."

3. Follow the path that feels right for YOU. Don't compare yourself to others: Just because one author writes a certain number of hours per day, or another author always outlines before starting a novel; don't feel you can never succeed because that way doesn't feel right for YOU.

4. Creative piggy-backing. (or creative plagiarism.) **Read from my journal here.** (Jack Genesis.) Take an idea and make it your own.

5. And WHEN it does: WRITE IT DOWN. Journal, blog, scribble on index cards. Find time to capture those thoughts. AND DO NOT CENSOR YOURSELF.

6. Mingle with like-minded creatives. Online, writer or artist critique group, book club, etc. Find a group who will help you support and encourage your creativity.

7. BUT... WAIT UNTIL AN IDEA IS READY TO SHARE. Beware of "talking out" an idea so extensively that you no longer feel the need to actually create it.

8. Try meditation -- even if its only 3 minutes a day.... in the bathroom!
By the same token, give yourself about 5 minutes in bed each morning, right after you've woken up, to think about your dreams or to mull over projects

9. Cultivate curiosity. If something interests you, learn more about it.

10. On the other hand... PICK A PROJECT. Don't allow yourself to become too scattered. (Sparky and his Magic Piano analogy.) If that "curiosity" habit from number 9 gets in your way, a journal will come in handy. You can jot down why that subject interests you, but keep going with your current project. Authors find this particularly useful. They can jot down a few points if an exciting idea comes to them, but then get back to the work at hand. The NEW idea can be attacked when the previous project is finished.

11. Plan for stumbling blocks. If you anticipate someone (a negative co-worker or family member) or someTHING, (a tight schedule) is going to create a roadblock, strategize ways beforehand about how you'll get around it.

12. ENLIST THE TROOPS! Set aside a specific time at your project and ask hubby or friend for help. (Helper friend might come from one of the groups you join.)

OVERCOMING FEAR -- 3 min

Take risks. Yes, you'll feel fear. That's a given. E.B. White dealt with fear every day. He just wrote THRU the fear.

Book recommendation:

THE COURAGE TO WRITE by Ralph Keyes • FEARLESS CREATING by Eric Maisel, PHD

Practice exposure therapy:

Expose yourself to that fear each day. You'll find it WILL subside.

GIVE YOURSELF A FRAME IN WHICH TO WORK:

You know how paralyzed your students can become if you just hand them a blank piece of paper/canvas and say, "Write/draw something!"...? You may have that same fear. Describe Kidsville art feature -- a frame within to work.

Give yourself a similar frame:

I'm going to write ONE stanza about ONE topic

I'm going to send out ONE query letter to ONE editor

FINDING TIME: PRACTICAL TIPS -- 4 min.

GATHER YOUR MATERIALS IN ONE PLACE: even if it's a tiny closet:

JOURNALING: Read from my journals

MAKE TO DO LISTS, BUT don't be too hard on yourself

Break the list down into bite sized chunks: Remember LSPark's 2 pages a day?

COMB THRU YOUR SCHEDULE and find snippets of time.