



**GOAL**



## HOW TO HAVE AN 'aha' MOMENT

### STUDY/WORKOUT/ MOTIVATION

Needing to drop the calm and get inspired? Focus for that upcoming exam in your study or hit the dumbbells hard in your home gym? The colours that will have you lifting PBs might not be what you expect.

"For a home gym, most people would think energy and passion colours like red would work best. But red can quickly make you feel exhausted once your blood heightens," says Blaze.

"You are safer with turquoise and teals, as they are a stimulating colour due to their intensity but at the same time have a cooling effect to motivate you to keep going."

Or stick to a neutral base and throw in some yellow accents for a hint of inspiration.

Whether you're itching to channel your inner Picasso or need to pull out a winning idea for a big proposal, there are mind hacks to beat creative block and unleash ideas you didn't know you had.

**TIME:** 20 MINUTES + // **NEED:** SKETCH BOOK/SCRIBBLE PAD, PEN

#### 1. WHAT'S IN A NAME?

Renaming creative block is easier as changing your Instagram handle (no login required). "To get unstuck from what we call a creative block, we need to move away from the stance of calling it a block," says creativity coach and author of new book *You Are That Is. Creative* Noula Diamantopoulos. "Think about it. The word block is supposed to convey the idea that you have no inspiration, that you can't think of a single thing to write about, paint about or photograph or whatever else it is that you do, which suggests that we have motivation to create but don't know what to create." A block, she says, would be when you knew what you wanted to write or paint or play but had lost the drive to do it. Just as goals need to be specific, it's important to use language precisely in articulating the problem or frustration. "We cannot approach changing something without understanding the nature of what it is that we are seeking to change. Chances are without due consideration, we start working to solve a decoy problem or implement a half-baked 'solution' that's about as effective as eating Tim Tams to lose weight (see self-sabotage)."

Diamantopoulos, who traded a high-flying tax law career for life as a practising artist. "Take an inventory by answering the question 'Where am I now?', which can be done as a list or a mind map and allows you to physically see what's happening around you right now." Consider the question from various viewpoints – the physical, the mental and the emotional. Importantly, let it take as long as it takes and consider it an investment. "Whatever you uncover will become breadcrumbs that you can follow. This exercise will act like a launching pad to change those things that you can now see may be holding you back."

#### 3. SEIZE THE IDEA

Now you know what is holding you back, make a list (your noggin loves them) populated by 'problems' and jot down possible solutions. Be mindful of putting too much emphasis on hatching a 'good' idea. "They are possible solutions, not the right answer to the problem," Diamantopoulos says. The gist is that you'll dissolve each item on your list as you realise something you hadn't before (aha!) or commit to resolving it if it hasn't dissolved. Also give yourself permission to do nothing about a problem or sit back and shoot the breeze while channelling Jude Law. These mini mind vay-cays can be just what the creativity doctor ordered. "When you give yourself permission to pause, you end up coming back with gusto," Diamantopoulos says.

Order the book at [spontaneouscreativity.com.au](http://spontaneouscreativity.com.au). ■



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