



HOW TO BE CREATIVE WHEN THE TOILET IS OVERFLOWING

A WORKSHOP.

By Author/Illustrator Nina Laden

HOW WE BUILD MENTAL BLOCKS:

- ☐ •LIFE 101
- ☐ •FOCUS POCUS
- ☐ •GOOD/BAD DISTRACTIONS
- ☐ •BELIEVING THE MEDIA
- ☐ •READING REVIEWS
- ☐ •THE THEORIES OF FARMING

STEPS TO UNLOCKING YOUR CREATIVITY:

- ☐ •WHEN LIFE GIVES YOU... DON'T FLUSH!
- ☐ •MINING THE MINE FIELD
- ☐ •JOURNAL, BABY, JOURNAL
- ☐ •P. O. E. M.
- ☐ •WRITING LETTERS
- ☐ •TUNING OUT
- ☐ •FINDING TREASURE
- ☐ •TREAT YOURSELF
- ☐ •SLEEPING
- ☐ •JAMMING

SOME INSPIRATIONS:

- ☐ •"The Observation Deck" A Tool Kit for Writers
- ☐ Naomi Epel, Chronicle Books ISBN# 0-8118-1481-5
- ☐ •"The Artist's Way" Julia Cameron, Penguin publisher
- ☐ •www.wordsmith.org -The Anagram Generator
- ☐ •www.brainrules.net
- ☐ •www.mcphee.com (squirrel underpants!)
- ☐ •Omaha Bedding

ZIPPY By Bill Griffith

"BOOKENDS"

