

25 Mind-bending Lists to Improve Creativity

We're a list-happy society.

We list things to do, things we've done, things we'd like to do, things we'd never do, things we ought to do but know we won't...and on and on into the night.

Wouldn't it be great if you could **create lists and then never have to worry about doing anything with them?** Well, you can!

Lists don't have to be confined to a straightjacket existence.

The act of listing can be very creative.

You can use creative listing to expand your creative mind and strengthen the power of your creative thoughts. Give it a try and unleash your creativity in minutes!

Creative Listing Instructions

- Pick one list to do each day, or one per week. or one whenever.
- Don't stress
- Don't dawdle
- Don't spend more than 3 minutes on any one list. Just Go!

Mind-bending List Ideas to Improve Creativity

- 1. List all the things you can hear right now**
- 2. List all the things that make you better as you age**
- 3. List things that crumble in your hands**
- 4. List mysterious things**
- 5. List wet things**
- 6. List things that hurt**
- 7. List things that reflect**
- 8. List all the things that sparkle under the evening sky**
- 9. List things that live in shadows**

10. List things that harmonize
11. List sour things.
12. List blue things.
13. List things with no blue
14. List things you wish had blue
15. List “squashy” things
16. List happy things
17. List cold things
18. List hot things
19. List morning things.
20. List things found in twos
21. List soft things
22. List nonsense things that rhyme with juice
23. List hairy things
24. List short things
25. List things that are awesome about you

Have a great mind-bending list idea?

Let me know! Karen(at)karendaniels(dot)com