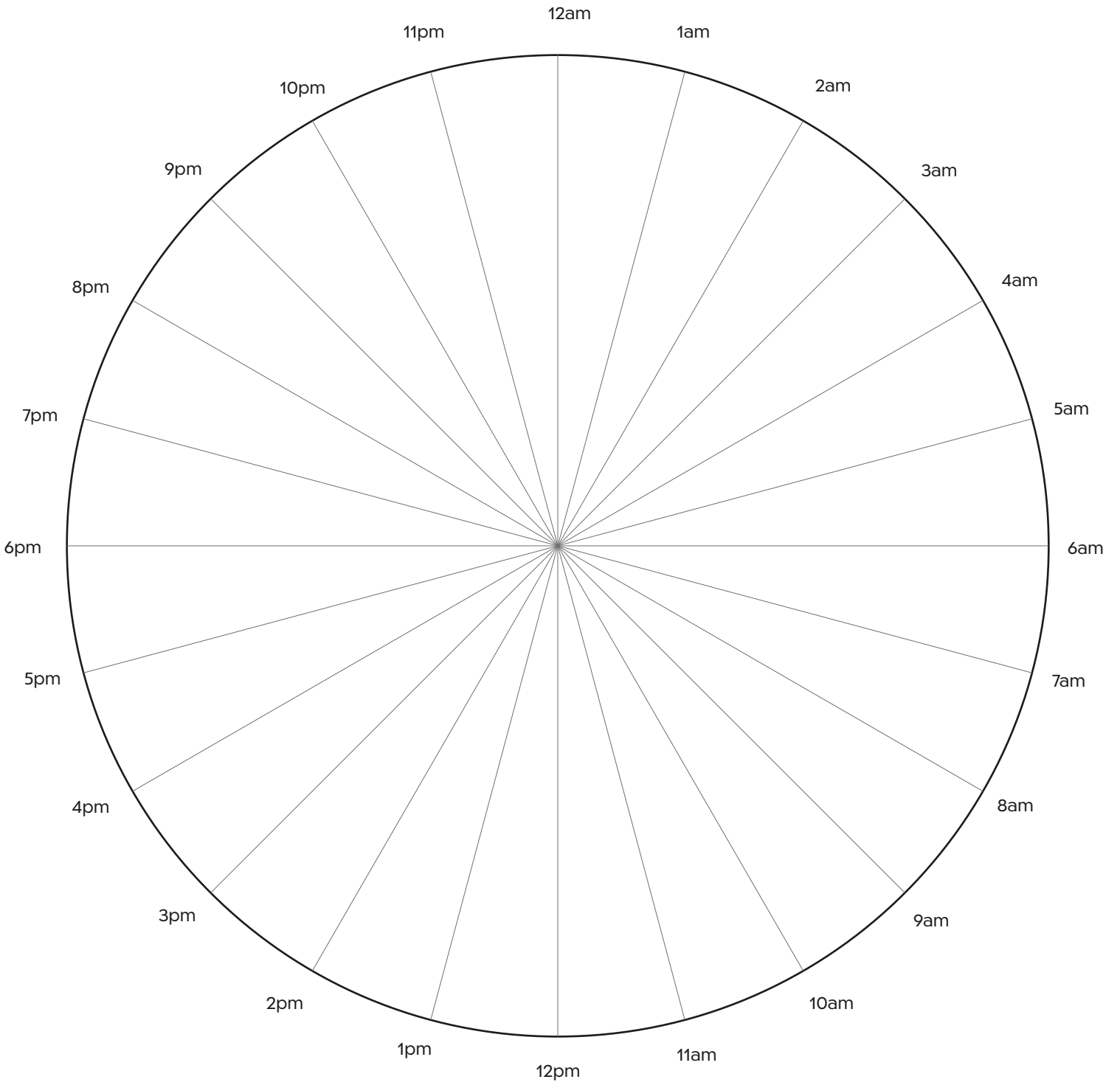


# My Daily Routine

- Sleep (purple)
- food leisure (yellow)
- Creative work (red)
- excercise (sblue)
- day job/adamin (green)
- other (white)



name:

# My Challenge







## Creative Success

## Creative Block

### Visual

|    |                     |  |  |
|----|---------------------|--|--|
| 1  | B/W or Color        |  |  |
| 2  | Near or Far         |  |  |
| 3  | Bright or Dim       |  |  |
| 4  | Location            |  |  |
| 5  | Size of Picture     |  |  |
| 6  | Focused?            |  |  |
| 7  | Framed or Panoramic |  |  |
| 8  | Movie or Still      |  |  |
| 9  | Movie Speed         |  |  |
| 10 | Contrast            |  |  |
| 11 | 3D or 2D            |  |  |
| 12 | Viewing Angle       |  |  |
| 13 | Num. of Pictures    |  |  |
|    | <b>Auditory</b>     |  |  |
| 14 | Location            |  |  |
| 15 | Direction           |  |  |
| 16 | Int/Ext             |  |  |
| 17 | Volume              |  |  |
| 18 | Speed               |  |  |
| 19 | Pauses              |  |  |
|    | <b>Kinesthetic</b>  |  |  |
| 20 | Location            |  |  |
| 21 | Size                |  |  |
| 22 | Shape               |  |  |
| 23 | Intensity           |  |  |
| 24 | Movement            |  |  |
| 25 | Vibration           |  |  |
| 26 | Temperture          |  |  |
| 27 | Weight              |  |  |