Twitter Thread by Norgard

Norgard
@BrianNorgard

How to unlock creativity:

-slow down
-study another field
-get into nature
-get out of office
-music, lots
-sketch
-cardio before/after
-nibble on small ideas
-throw stuff away
-atomize the work
-look for orthogonal inspiration
-breathe
-learn about circadian rhythm
-paint

How to unlock creativity part 2:

-rest (take CBD)
-travel far
-use pain as leverage
-talk to people not like you
-go beyond physical exhaustion aerobically or anaerobically
-spend an hour in play with a child
-read poetry/philosophy
-cook a new meal
-walk
-get in water