CREATIVITY
Now leaving comfort zone.
To live a creative life we must lose our fear of being wrong.

Joseph Chilton Pierce
The creative adult is the child who survived
5 FACTORS TO HELP YOU LIVE A MORE CREATIVE LIFE

Creativity is not a talent. It is a way of living. It is a choice we make every single day.
OPEN MODE VS CLOSED MODE

Open Mode is where creativity occurs. 
(Thank about it. Find that brilliant idea.)

Closed Mode is where we implement our solutions. 
(Now use your talents and do it!)
You can’t become playful, and therefore creative, if you’re under your usual pressures.

You have to create some space for yourself away from those demands. You have to create a space where you will remain undisturbed.
2. TIME

It’s not enough to create space; you have to create your space for a specific period of time.

Play begins at a certain moment and then ends at a certain moment - otherwise it’s not play.

1-2 hours is usually enough to get you going.
3. TIME

Giving your mind as long as possible to come up with something original — and learning to tolerate the discomfort of pondering time and indecision.

Play with your problem for as long as you can. You may come up with the perfect idea 10 minutes in, but keep going for the entire hour. You never know what's going to happen at minute 51 unless you go there.
4. CONFIDENCE

Nothing will stop you being creative so effectively as the fear of making a mistake.

You have good ideas.
Find them.
They are there.
5. HUMOR

The main significance of humor is that it gets us from the closed mode to the open mode quicker than anything else.

Laughter really is the best medicine.
LIVE OUT LOUD
LOVE YOUR LIFE
BE EXCELLENT TO EACH OTHER
MAKE GLORIOUS MISTAKES
THE DOODLE
Supplemental Insurance
CALFA.

But I'm a snake.

Kiss me

AFLAC.

Stroke

Heart attack.

FULL.

THE INSURANCE MAN CAME TO TALK TO US TODAY.
Our kids are more independent and can run our business while we are gone. We think.

Walter Mitty made me want to go to Mongolia.

I will be teaching piano lessons — although I don't really play the piano. I play the flute for crying out loud!

I don't really make that much money. But if we work together — we can make a lot!

Service is a wonderful thing.

Used only as a last resort.
SUNDAY MORNING

Well, it’s true. My children are noisy.

Your children are Beasts.

THE BOOK OF MORMON IS TRUE.

not all teachers are good.

Oh church, thou hast failed today. Oh well.

Jim hot, crowded, and want to be elsewhere.

Heaven is filled with people who have this in common: They are forsaken, and they forgive.

Church.

April 29, 2012. This is how it happened:

La La La

I AM THE BISHOP.

I AM NOT GONNA HAVE ENOUGH TIME TO GIVE MY ENTIRE TALK.

And she goes on and on...

Bun.

And now I sleep.

I am in the Stake Presidency.

Get on track and come back!

4.29.12
A study from 2009 had a group listen to a 2.5 minute rather dull voice message.

Half were allowed to doodle while listening, the other half just listened.

The doodlers remembered 29% more details than the non-doodling group.
Ways to intake information
1. Visual
2. Auditory
3. Reading/Writing
4. Kinesthetic (physical activity)

+ Emotional Response

You need at least two of these to really process something. Doodling engages all four of these methods.
"We are all creative, but by the time we are eight or nine years old, someone has knocked the creativity out of us. Some people shut up the kids who start to tell stories. Kids dance, but someone will insist they sit still. By the time the creative people are ten or twelve, they want to be like everyone else."

— Maya Angelou
All lies told by a negative, hateful creep.

So why are you listening to him?

Not today, Satan. Not today.
You're not as smart as them.

Why are you even trying?

How could you possibly compete with them?

God isn't even Listening to you.

Look at all the billions of people in the world. And you think God cares about you & your family?

That's a LOSER you see in the mirror.

You can't do THIS.

You are not good enough.

Satan says...

You suck.

All lies told by a negative creep.

So why on earth are you listening to him?

Not today, Satan. Not today!
THE ANGELS SAY...

God knows your needs before you even ask.

Have patience and faith. God is there.

You can do this!

Oh how great is the plan of our God! God hears your prayers.

You have plenty of talents.

Keep moving forward.

Don't be frightened. Remain faithful.

Love the Lord, Thy God. Do not judge your fellow man.

Stop comparing yourself to others.

GOD USES ANGELS AS HIS MESSENGERS TO CONVEY LOVE AND CONCERN FOR US. I CHOOSE TO LISTEN TO THE ANGELS.
SNakes accept themselves

I love to slithier

We are snakes

I feel happy.

I have no arms!

Hey! I'm a snake!

I am a snake!

You mean I can lick with this thing?

Me too!
EVERY NIGHT AT PRECISELY 9:36 PM THE SNAKES OF MOCKERY PERFORMED THEIR NIGHTLY RITUAL.

Better sketch it in your sketchbook first.

Oooh, look at me! I'm so eccentric.

Oh my, you're so intense.

Don't quit your day job!

Look how nicely I mix my paints.

You call that finished?

He just wants to paint.

I just want to paint.

I know, I know... no one understands you.

Oooh, I'm a painter. I'm so moody.

Nice brushes.

Ahhh!
A GOOD BOY

I DON'T EVER FIGHT.

I ALWAYS DO MY HOMEWORK.

I SAY MY PRAYERS EVERY NIGHT!

I LIKE TO HELP.

I LIKE TO GO TO CHURCH.

I GO TO BED ON TIME.

I LOVE MY MOM.
TO HER THE WORLD WAS AN AMAZING AND COLORFUL PLACE. AND THAT MADE ALL THE DIFFERENCE.
Get inspiration by simply observing the world around you.
SAME STORY AS BELOW.

It might have been the identical haircut that initially attracted James to Laura.

Yes, I can go to church with hair like this.
Get inspiration by observing the weather and time of year.

If you have hair, you should definitely wear flowers in it.

I need spring.
Sometimes you just need to be silly.
Johnny hates getting his ears cleaned. The snakes, however, look forward to it all week long.

WHERE ARE YOU?
DO ANGELS EXIST?

“I HAVE CHANGED”
- ALMA

ALMA & THE SONS OF MOSIAH
QUIT THEIR WICKED WAYS AND PUBLISH PEACE!
EARLY ON DURING THE CREATION

THese ARE NOT RIGHT.
Get inspiration by responding to other art.
I've got a million miles to go, but I've gotta start somewhere.

Here!

Start today.

Get inspiration from song lyrics.
"I thought I was alone who suffered. I went to the top of the house and found every house on fire."

- Baba Farid

Always be kind. We simply do not know the battles others are fighting. Be kind. Be kind. Be kind. Be kind.

Get inspiration from quotes.
it Doesn't
matter what
others are Doing.
it matters what
YOU are doing.
Even though it may sometimes seem that every song has already been written and every painting has already been painted — it hasn’t been done by you.

And that makes ALL the difference.
I raise your hand if you're uncertain.

I got you some flowers... I only ate a few...

Don't give up on each other.

You look silly!

Thanks!
many of the dead were very very young

I take care of these

Sometimes it is hard to be dead

I love you and appreciate what you are doing, but you are often very stupid and it aggravates the pain out of me.

Working with the dead.

I'm sorry. We thought you were a man. Can you be killed as we?
Uhhh thank you I'd like to introduce you to my husband that is standing behind you.

Hello you are so beautiful I'm so happy I saw you from across the room can I please take you on a date and also what's your name.

This is very uncomfortable did I tell you I think you are beautiful and that I'm leaping through the air because it is such a miracle I saw you.

I have to pee.
Stop please these are not the right words and that is not the right outfit.
where did you get that nice sweater

my mom made it for me

I love your mom
Trade Sketchbooks
Leave your mark on the world.
Steve & Tonya Vistaunet

Instagram:
@ahappyvista
@tonyavista
@stevevistaunet