

Sparking Your Photographic Creativity

Creativity is not the same as inspiration...creativity happens when we combine old things in new ways...not just feel flashes of insight and inspiration.

Get some rest.

Our brains think creativity when they have space, buffer from all the things we have to do in life.

“Rest nurtures creativity, which nurtures activity. Activity nurtures rest, which sustains creativity. Each draws from and contributes to the other.” Kim John Payne

“It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems.” Thich Nhat Hanh

Expand your Creative influences

Go to an art museum.
Get a photography book about a new photographer
Read or listen to poetry or a band.
Watch youtube photographers or artists

Get out and shoot.

Malcolm Gladwell story of the pottery class.

Creativity breeds creativity.

Find other people to shoot with.

Find other people who are artistically different or have another perspective than you do.

Try a new style of photography.

Try something anything

Go to a new place to shoot.

New places spark creativity.

Limit yourself.

Find a way to limit the equipment the equipment you use compared to what you normally use.

Return to my Your Roots

Go back to film or whatever you started with.

True Creativity

Being creative means doing something others might not...so instead of shooting one more stupid sunflower photo...maybe find another subject matter or angle on it....Do something different from everyone else.