

Creative Brain Workbook: 13 Prompts to Spark Your Genius

This workbook is designed to help you explore, deepen, and celebrate your creative mind. Use the following prompts, exercises, and practices to journal, reflect, and activate your inner genius — even if some of these qualities don't come naturally (yet). Creativity is a practice, not a personality type.

Prompt to expand!

Try This to get out of your comfort zone!

1. You're a Daydreamer

Prompt: Describe one of your recurring daydreams in vivid detail. Where does your mind take you? What emotions or insights come up?

Try this: Set a 5-minute timer once a day to let your mind wander without your phone. Stare out the window, sip tea, and just observe where your thoughts drift.

2. You Have a Wild Imagination

Exercise: Look around you and choose three random objects. Write a short story, poem, or scene that includes all three.

Try this: Spend 10 minutes each morning writing “what if” scenarios. Example: What if trees whispered to each other? What if Mondays didn't exist?

3. You're Intensely Curious

Prompt: What's one topic or idea you've always wanted to explore more deeply? Why does it fascinate you?

Try this: Start a “Curiosity Journal.” Each day, jot down one thing you noticed, questioned, or Googled. Follow the thread once a week.

4. You're Comfortable with Ambiguity

Prompt: Write about a time when you embraced uncertainty and it led to something unexpected, beautiful, or transformative.

Try this: Practice sitting with an unanswered question. Instead of solving it, write around it. Let wonder live longer than the need for resolution.

5. You Love to Play — and You Doodle Everywhere

Exercise: Take five minutes to doodle without thinking. Then, write a few lines about what you see in your sketch. What could it represent?

Try this: Keep a sketchpad nearby (even if you don't draw). Give yourself permission to be messy. Use crayons, highlighters, anything playful.

6. You Feel Everything Deeply

Prompt: Write about a recent moment that moved you emotionally. What did it stir in you? What did it reveal about who you are?

Try this: Watch or listen to something that makes you feel — music, a poem, a film clip. Write down how it lands in your body, not just your head.

7. You're Not Afraid to Be Different

Prompt: Write a letter to your younger self encouraging them to stay true to their weird, wild, beautiful self.

Try this: Wear something today that feels completely you, even if it's not trendy. Use your appearance, voice, or space to affirm your individuality.

8. You See Patterns Where Others Don't

Exercise: Pick two unrelated things — a historical event and a personal memory, for example — and explore the symbolic or emotional connection between them.

Try this: Start collecting metaphors. When something happens in your life, ask, "What does this remind me of?" Pattern recognition is a muscle.

9. You Hyperfocus and Forget Time

Exercise: Choose a creative task and set a timer for 30 minutes. Go all in. Afterwards, journal about how it felt to get completely absorbed.

Try this: Eliminate distractions for short periods of time. Use noise-canceling headphones, silence notifications, and let your brain drop into the zone.

10. You Talk to Yourself (a Lot)

Prompt: Write out a conversation between your practical self and your wildly creative self. What do they want each other to understand?

Try this: Record voice memos to yourself during walks or while doing dishes. Let your thoughts spill out. Then listen back — you might surprise yourself.

11. You're a Night Owl (or a Rhythm Rebel)

Prompt: Reflect on the time of day when your ideas seem to flow most naturally. How can you protect that window of creativity?

Try this: Track your energy and focus for one week. Once you spot your creative peak, claim it — even 20 minutes counts. You don't need hours.

12. Your World Is Beautiful Chaos

Exercise: Take a photo of your current workspace. Then, write a description of what each object says about your creative process.

Try this: Embrace a “creative zone” — it doesn't have to be tidy, just intentional. Add one object that inspires you. Make the space feel like yours.

13. You Crave Depth Over Small Talk

Prompt: Recall the last deep conversation that stayed with you. What was said, and why did it matter to you?

Try this: Ask one big question in your next conversation — “What's lighting you up right now?” or “What's something you're working through?” See what unfolds.

Closing Reflection Which of these prompts felt the most natural? Which ones felt like a stretch? What surprised you?

Remember: You don't have to be all of these things to be creative. You just have to be *willing* to explore them. Every spark matters.

Your creative brain doesn't need fixing — it needs freedom. You were born to create your own way.