

# 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