

DAY

1

Where Creativity Starts

(theme: *uncertainty*)

The moment we start writing words on the page in front of us or applying paint to the canvas, we begin to see more clearly. That's when we realize what we think, what we feel, and what our ideas are. It's only after we think them, feel them, say them, write them, paint them, that they come fully into focus. I rarely have an idea and think to myself, "I have to write about that!" I'm afraid many people think that's where creativity starts—with a great idea. So they wait for it, and they wait for it, and they wait for it, and it never comes. They say things like, "I don't know what to create," "I'm not inspired," "I don't have any ideas." If only they knew, that feeling of uncertainty and unknowing is *exactly* where creativity starts. So the next time you think to yourself, "I don't have any ideas," or "I don't know where to start," realize that you're in a place of unknowing, and that's exactly where you belong. (Excerpt from [*The Gifts of Writing*](#))



