

Delayed Consumption

Delayed Consumption = More Creative Generation

One simple way to increase your creativity is to delay consumption of media content when you wake up.

- 1 If you use your phone as an alarm - buy an old school alarm clock.
- 2 Write down a new place for your phone while you sleep.

- 3 When you wake up in the morning do not look at your phone for at least 35minutes to an hour.
- 4 If you do look at your phone, only check your notifications, and only engage with what is important for your job or family.
- 5 Don't check the news, or social media for at least an hour.
- 6 Take a shower.
- 7 Get dressed.
- 8 Eat breakfast.