



MERRY COX : ART & DESIGN ©2019

**“Think left and think right and think low and think high.  
Oh, the thinks you can think up if only you try” Dr. Seuss**

To avoid the should of, could of, would of mindset,  
collect experiences, ideas, ramblings, random bits of nothings.  
Your logbooks can become containers crammed with scraps of ideas,  
shadows of hard to finish or organize ideas, patterns, insane and  
whacky, bits of words, lectures to yourself.  
These are your maps of occurrences that become your own narrative.  
Most thoughts are tiny and not note worthy, but when combined later,  
you will see a newness of thought, a freshness worth considering.

It is all about paying attention.  
Observe and listen to everything around you.  
Get curious. Begin to wonder.

Many years back I decide to write down all ideas, even the dumbest or  
insanest and I pledged to do them all.  
Some were impossible but most got done.  
oSo when I have moments of doubt and frustrations,  
I haul out those books looking for those clusters of insights.

What I am trying to say is:  
Paying attention is not that hard, but most important.



Learn to observe.

Why do you like a certain color?

What time of day are you most productive?

What was that music that made you feel mighty fine?

What is your attitude like?

What sucks? What's fantastic?

Get yourself a Bird Notebook to harvest ideas, recollections, odd bits, words, especially random ideas that you have no idea why they showed up.

There are no bad ideas.

Hell, document every bit of your frustration. Draw it, write it, compose it, decompose it. Harvest words. Ask.

Get it in that notebook and out of you head.

Be curious about what will happen when you pay attention.

It sounds simple, but paying attention lays the foundation for the whole creative process.

You will be creating a giant warehouse of ideas for your mind to sort through.

To gather is to be open to every possibility, to all possibilities, to be open to rambling discoveries.

Step out of your comfort zone. Just one little step is a great beginning.

Go somewhere that you haven't been, physically, metaphorically.

Turn left instead of right.



Tell your fear to go to the back of the bus.  
Draw instead of write.

Forget about good. Explore the unknown, the messy,  
the not so perfect.  
Magic happens out there.

Be curious, very curious. Ask what if...?

Remember curiosity is the driving force of creativity.  
Challenge is where the fun is.  
Explore for yourself.

Until you try something impossible you just won't  
realize what you are actually capable of doing.

Always I mean always, carry a notebook and pen,  
& use it

You think you will remember, but you won't.

merry cox ©2019

P: 303 547 6940

E: birdobjects@gmail.com

@<https://www.instagram.com/merry.cox.art/>