

Your

*Creative*

Spectrum





# WEIRDOS UNITE!

THIS NOTEBOOK IS DESIGNED WITH ONE TRUTH IN MIND:  
NEURODIVERGENT CREATIVITY IS SOMETHING MAGIC.  
AND POWERFUL.

In this notebook, you'll find prompts about your specific neurodivergence and how it interacts with your creative work.

And how all of it can be a powerful act of resistance.

You'll find new ways to think about creativity  
and what our society demands.

And you'll explore new routes to inspiration.

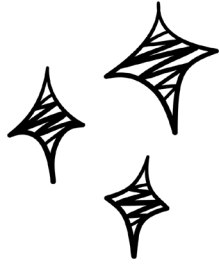
All to map out your creative spectrum.

First up: an investigation for your creative life.





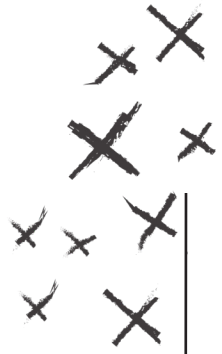
# INVESTIGATION



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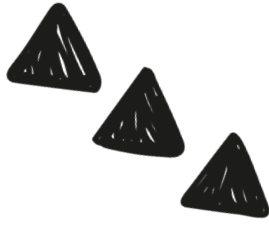
# INVESTIGATION



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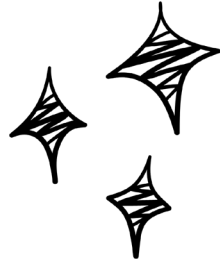


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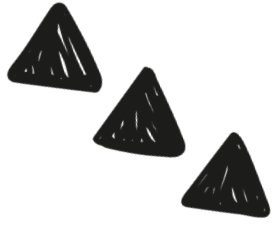
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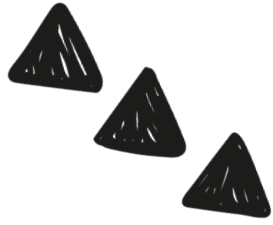


## **NEXT UP:**

Let's dissect all the things we're told about creativity and our creative practices.



# INSIGHTS



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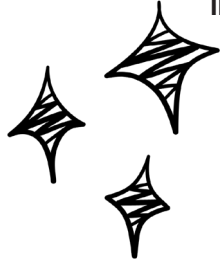


# INSIGHTS





INSIGHTS



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INSIGHTS



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**INSIGHTS**

Productivity culture makes us deeply afraid of and ashamed of failure. If a project doesn't work, if we can't get our book published or our art noticed, then we are failures.

How has failure felt in the past? Where in your life can you feel ok about failure, and where does it hurt badly?

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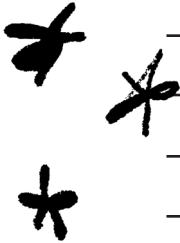
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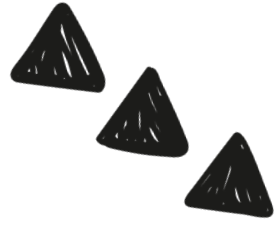
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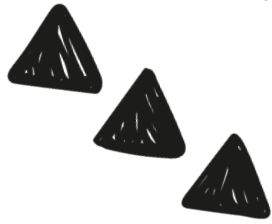


## INSIGHTS





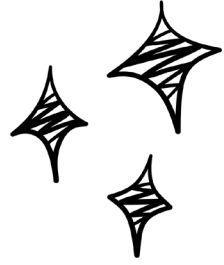
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# INSIGHTS





# NEXT UP:

Let's look at how we get ideas for our creative work!

# INSPIRATION

We often talk about inspiration as a sort of magic. But it's really more about noticing things in your day-to-day.

Where have you found creative inspiration in the past?

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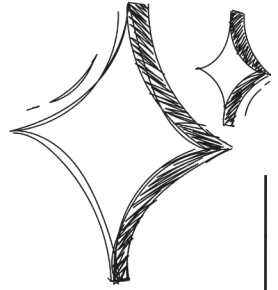
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# INSPIRATION





INSPIRATION



## INSPIRATION

Let's get lost !

We've sequestered ourselves into little corners of the internet: Our social media feeds. Our news sites. Our intranets and forums.

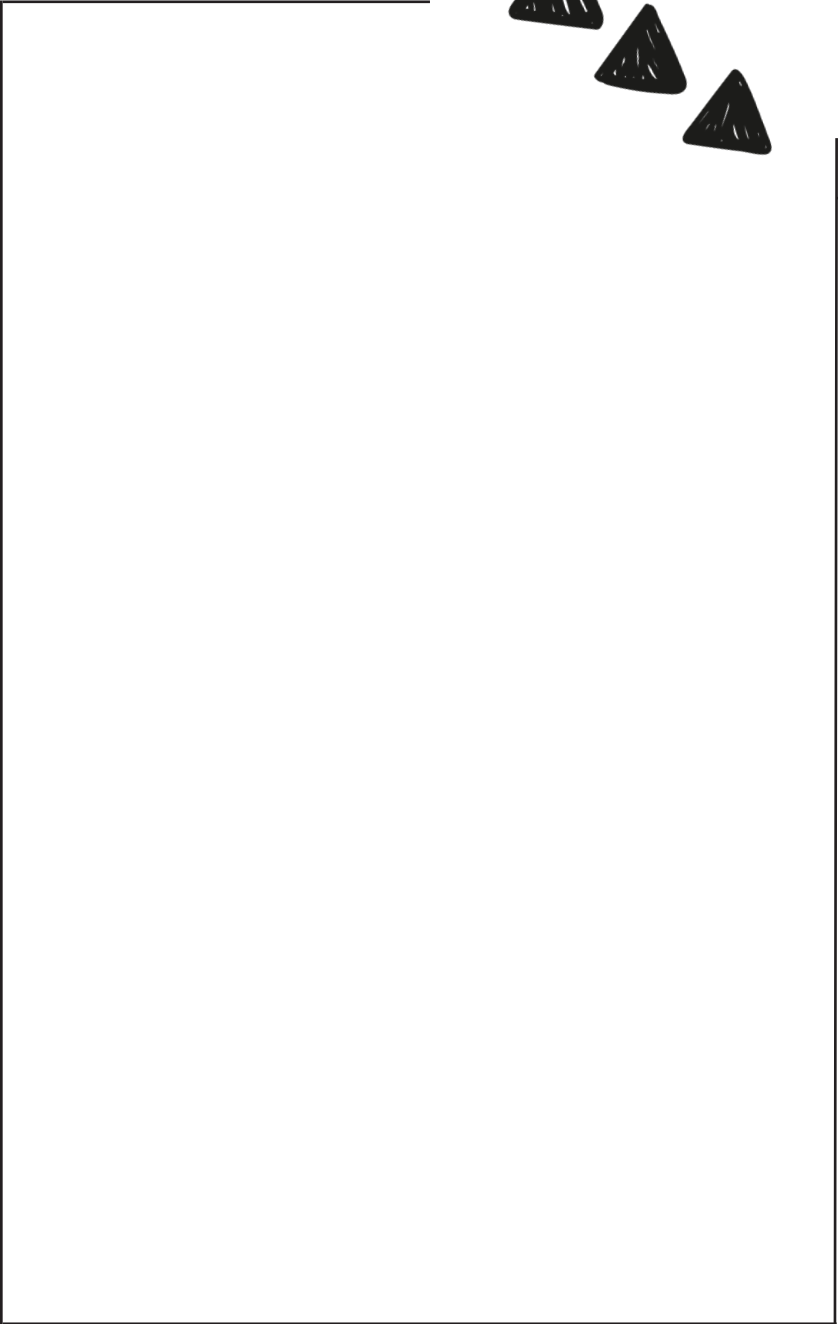
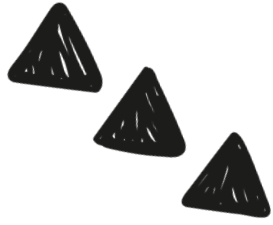
But there's a whole wide weird Internet out there that is perfect for inspiring creative work.

So how can you rediscover the internet?

- Look up something on Wikipedia, choose one of the links mentioned in the article, and follow it. Do it again. And again. See what new things you find.
- Choose an ordinary object around you. Your lamp. Your mug. Your cat. Google it and start following links until you find a bizarre fact that you have to collect.
- Use advanced search. Rather than just seeing what Google offers up when you search, try searching within a specific site. Type "site:npr.org rabbits" to find every instance of rabbits mentioned on NPR. In fact, type that right now. You'll thank me.
- Explore Archive.org. It's a different search engine, where you can browse and search for old ephemera, analog music, and more.
- Play. The internet isn't just for work and scrolling. Check out theuseless-web.com for bizarre games and sites. Try neal.fun to choose your own adventure.
- Make notes on the next pages of anything interesting to explore more.

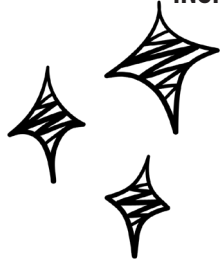
*This is inspired by Offline Crush's terrific article "How to use the internet again: A curriculum." Check out the full post for tons more ideas and direct links: [offlinecrush.substack.com/p/how-to-use-the-internet-again-a-curriculum](https://offlinecrush.substack.com/p/how-to-use-the-internet-again-a-curriculum)*

INSPIRATION





INSPIRATION



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# INSPIRATION

How can we collect our inspiration?

There are tons of systems to keep track of what we notice. But not all are great for neurodivergence.

## PAPER

- Notebooks are practical and pretty. But only if they make sense for you and your life.
- Do you like the feel of writing things down?
- Can you take a notebook and pen/pencil with you during the day?

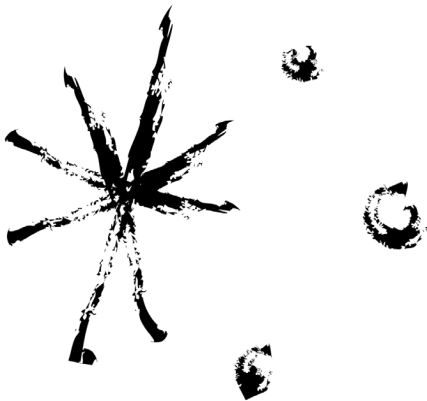
## PROGRAMS

- Don't discount the simple and basic. A Word doc, a Google Sheet, or a simple Notes app can give you all you need to collect your thoughts.
- Do you like typing rather than writing?
- Do you have access to your program of choice with you during the day?

## APPS

- Systems and apps can help you organize and categorize your thoughts... as long as the tool works for how you, and you don't contort to fit.
- Do you like structure to guide your thinking and collection?
- Do you have the capacity to learn the specific process for that app?

What systems do you use now? How about in the past? How do you feel about them? What might you want to try?



# INSPIRATION





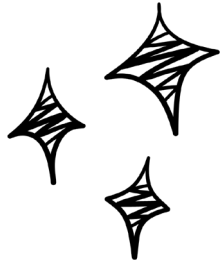
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# **BRINGING IT TOGETHER:**

Let's review, regroup and rethink our next steps.



# INTEGRATION



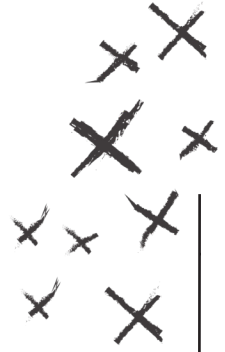


# INTEGRATION





## INTEGRATION



# INTEGRATION

How can you let go of productivity culture, including the shame and guilt about not working enough, the fear of failure, and the goals that don't serve you?

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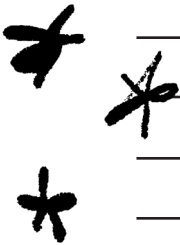
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## INTEGRATION

How can you build in play and experimenting into your creative process?

How can you build in rest?

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# INTEGRATION



## INTEGRATION

Think about all the ways your neurodivergent “problems” are actually powers. Who else needs to hear that? Who could benefit from hearing your stories and experiences? Who could feel empowered by seeing, reading, or hearing your art?

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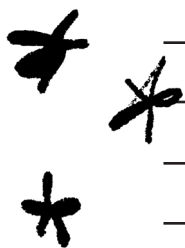
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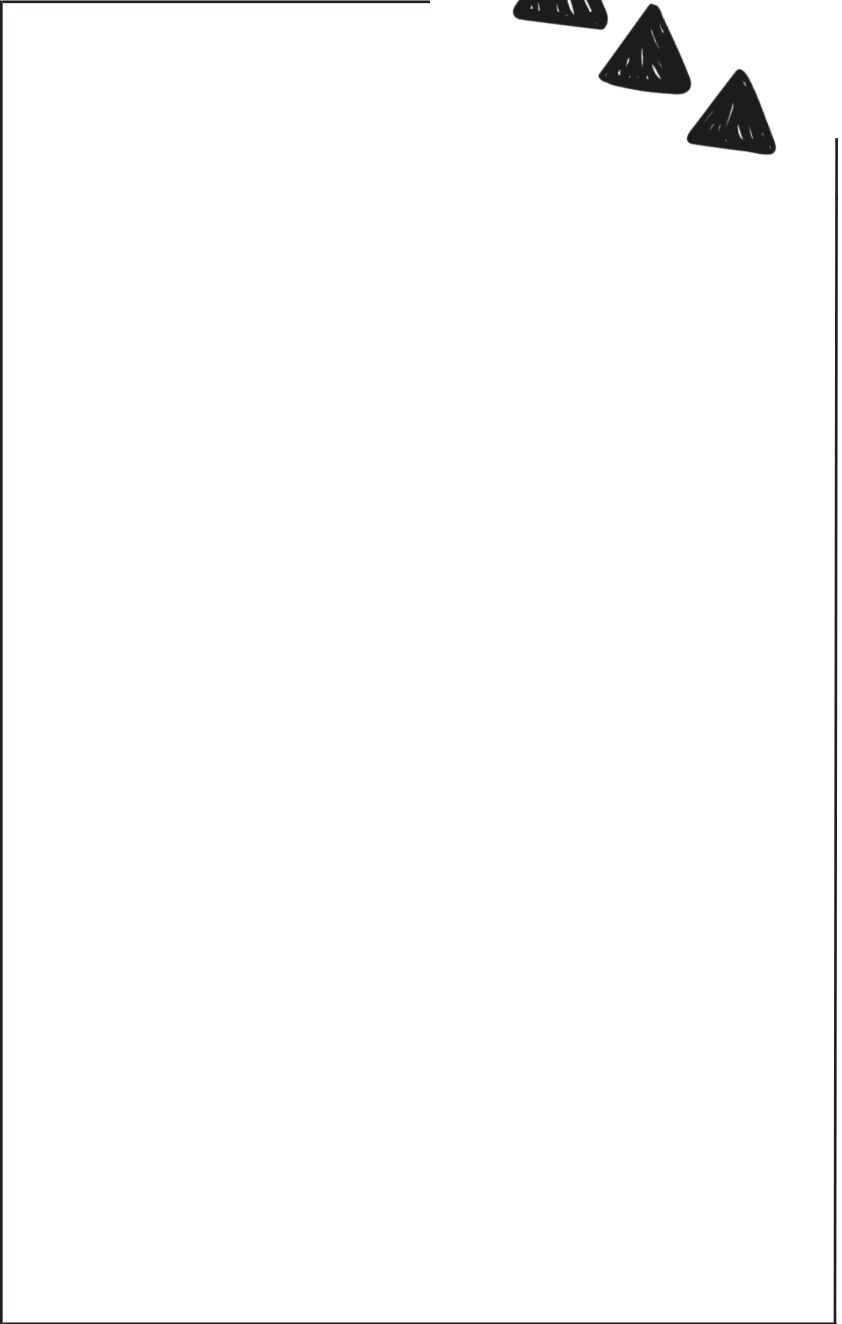
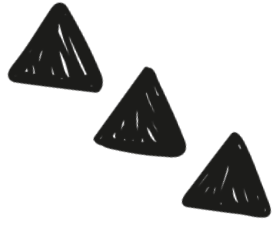
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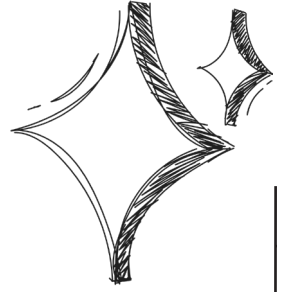
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# INTEGRATION





# **EXTRA SPACE!**

Use the next pages for additional and ongoing thinking  
about your creative spectrum and art as resistance!

# ART IS RESISTANCE

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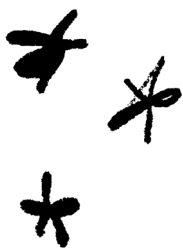
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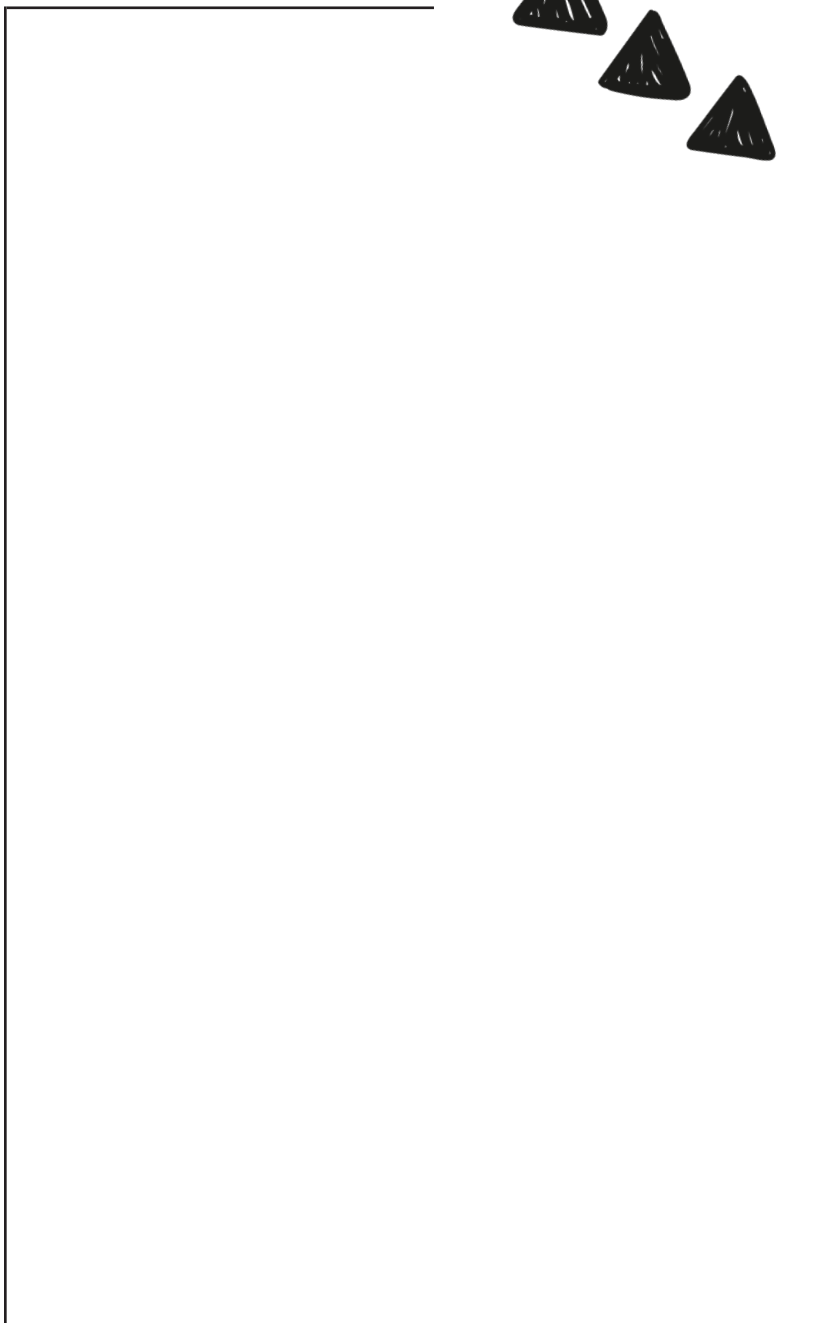
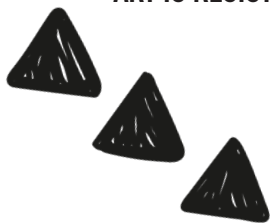
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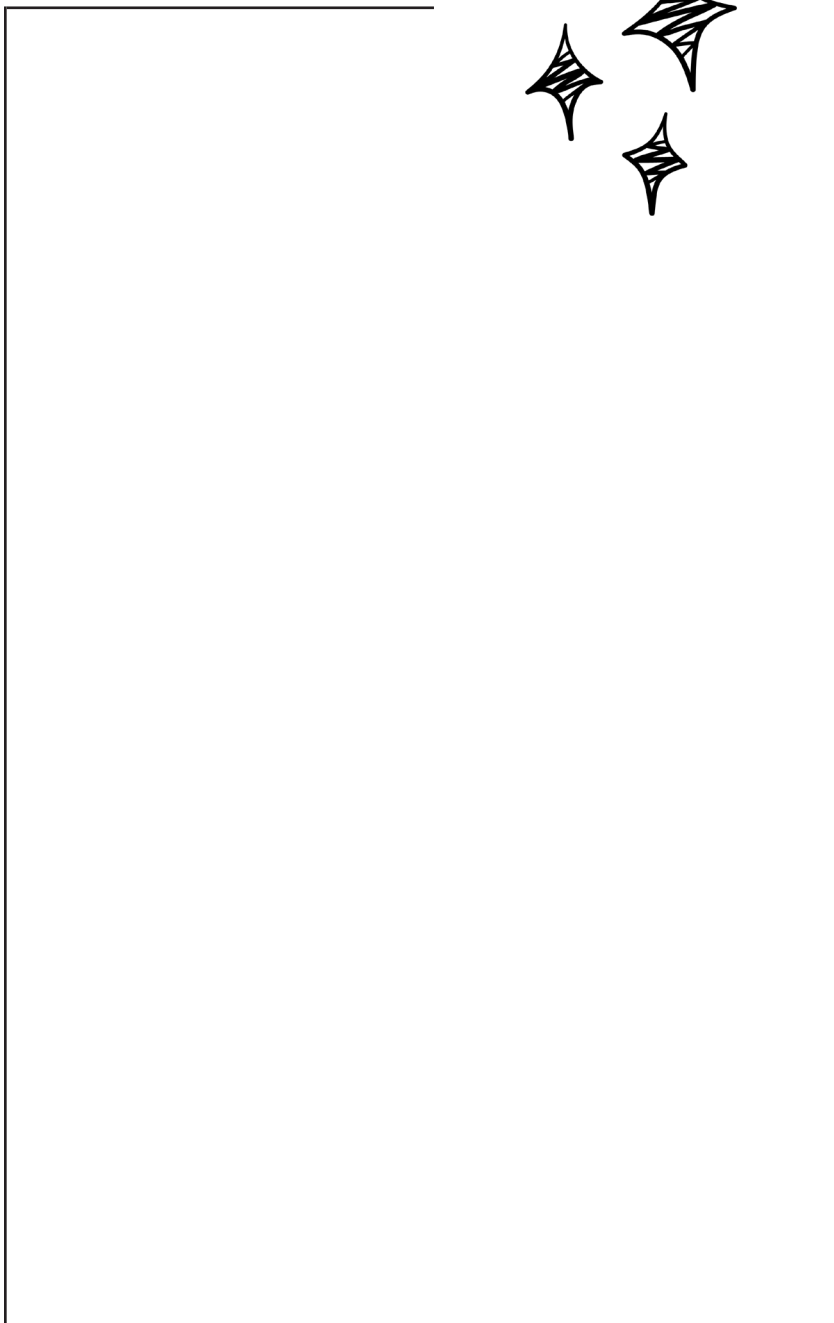
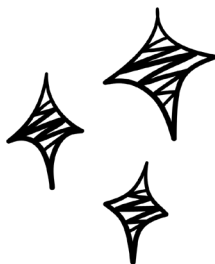
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ART IS RESISTANCE





ART IS RESISTANCE





**ART IS RESISTANCE**



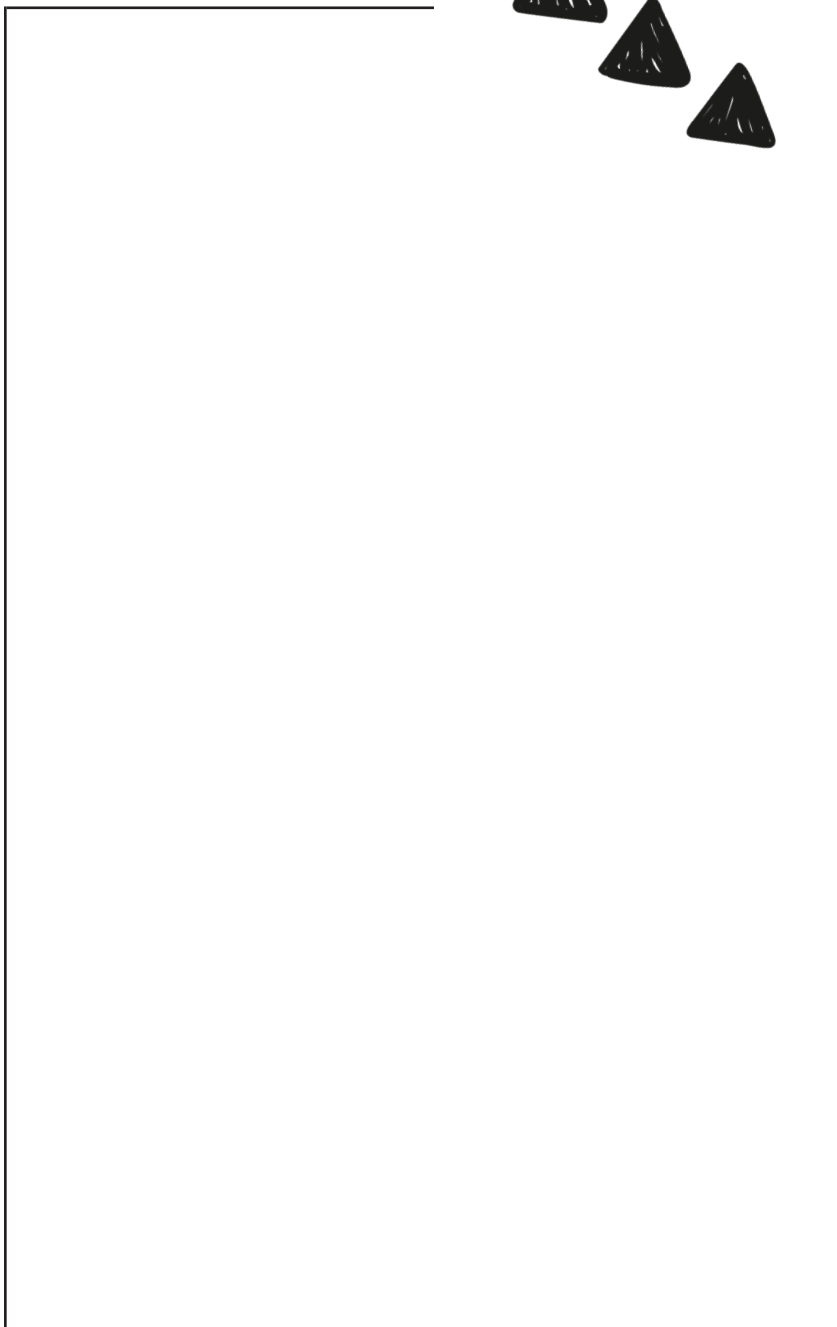
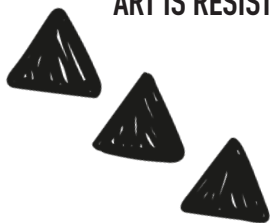


ART IS RESISTANCE





ART IS RESISTANCE





# THERE'S A REASON.

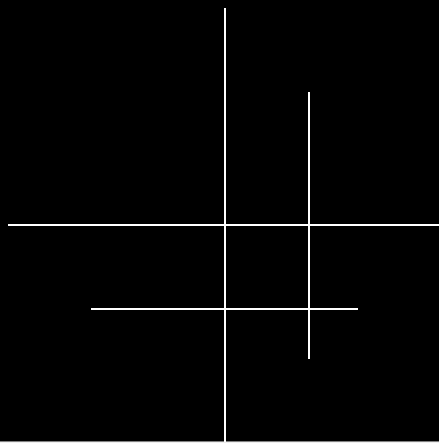
There's a reason books are banned.  
Music and film censored.  
Media blamed.

The reason?  
Storytelling is powerful  
Representation saves lives.  
Art is resistance.

Go forth and make the art!







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**REBEL YELL CREATIVE**