

Research Proposal: Understanding My Creativity

When I looked back at my early creativity notes, I noticed that I feel most creative when I am moving, listening to sounds, or in a comfortable environment. I also enjoy imagining different worlds, like oceans, clouds, and castles. I found it interesting how much my surroundings can affect my ability to think of new ideas. When I feel stuck or restricted, it is harder for me to be creative. These observations made me want to learn more about how my environment and daily activities affect my creativity.

I have started looking into how music, movement, and different environments can affect creativity. Some of the research I found explains that our surroundings and activities can influence how we think and come up with ideas. These sources helped me realize that creativity can be affected by more than just artistic activities. They also made me interested in exploring how my own experiences with sports, music, and imagination influence my creative process.

Early Sources:

- Relationships between Physical Environments and Creativity: A Scoping Review. This source helped me understand how different environments can affect creativity.
- The Influence of Music Environment on Conceptual Design Creativity. This source helped me think about how music might affect the way I come up with ideas.
- Creativity in Motion: Examining the Creative Potential System and Enriched Movement Activities as a Way to Ignite It. This source helped me explore the connection between movement and creativity.

How do movement, music, and different environments affect my creativity and ability to come up with new ideas?

I chose this question because my early observations showed that my creativity seems to change depending on what I am doing and where I am. I want to understand which activities and environments help me feel more creative and which ones make it harder to focus or think of new ideas.

To answer my research question, I plan to collect information about my creativity in different situations. I will try activities like listening to music, sitting in a quiet room, and being active. After each activity, I will write down how creative I feel, what ideas I came up with, and how focused I was. I will also keep track of which environments make it easier for me to think of new ideas. This will help me compare my experiences and look for patterns in my creativity.

During the first few days, I will review my early observations and research sources to make sure my question is focused. Over the next week, I will collect data by trying different activities and recording my thoughts and ideas each day. After collecting enough information, I will review my notes and compare the

different activities to see what patterns I notice. I will then use my findings to organize my research, draft my report, and revise it before the final deadline.

Overall, I want this project to help me understand my own creativity better. I am interested in learning how music, movement, and my surroundings affect the way I think and come up with ideas. By collecting my own data and comparing it with research, I hope to discover what helps me feel most creative and how I can use that information in my everyday life.