

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:

- Lee, J. H., & Lee, S. (2023). Relationships between physical environments and creativity: A scoping review. *Thinking Skills and Creativity*, 48, Article 101276.
- Xia, T., Sun, Y., An, Y., & Li, L. (2023). The influence of music environment on conceptual design creativity. *Frontiers in Psychology*, 14, Article 1052257.
- Richard, V., Holder, D., & Cairney, J. (2021). Creativity in motion: Examining the creative potential system and enriched movement activities as a way to ignite it. *Frontiers in Psychology*, 12, Article 690710
- McCoy, J. M., & Evans, G. W. (2002). The potential role of the physical environment in fostering creativity. *Creativity Research Journal*, 14(3–4), 409–426
- Ritter, S. M., & Ferguson, S. (2017). Happy creativity: Listening to happy music facilitates divergent thinking. *PLOS ONE*, 12(9), Article e0182210

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.

Early notes and observations:

- I listened to my favorite playlist and came up with a new idea for a DIY room decor. (Music)
- I went on a walk outside and started thinking of new ideas of dinners to make (movement)
- I laid in my bed and thought of nail designs to do(environment)
- I sat in a quiet room and found it easier to focus on my thoughts. (Environment)
- I danced around my room and felt inspired to try something new. (Movement)
- I listened to calming music and felt more relaxed and helped me organize my thoughts. (Music)
- I woke up and imagined my outfit for the day(environment)
- I cleaned my room and came up with a new way to organize my space. (Movement)
- I sat outside in the sunshine and felt inspired to think of fun dates to do with my boyfriend. (Environment)
- While driving with my music blaring i decided to branch out and listen to other genres (music)
- I went for a run and thought of a different way to solve a work related problem. (Movement)
- I listened to an old favorite song and remembered an experience that inspired me. (Music)
- I spent time in a park surrounded by nature and thought about what to get my sister for her birthday. (Environment)
- I stretched in the morning and came up with ideas for how to plan out my day. (Movement)
- I listened to instrumental music and thought about how cool it would be to direct a tv show like bridgerton and what the plots would be. (Music)
- I sat in my bedroom with the lights dimmed and brainstormed ways to be more efficient at work and school. (Environment)
- I played softball and thought of new strategies while practicing. (Movement)
- I listened to a new new song that inspired me to try a new drink at Starbucks. (Music)
- I studied in a coffee shop and thought of ways i would decorate it if i owned it. (Environment)
- I went on a hike and came up with a fun itinerary for my mom and i's next trip. (Movement)
- I played music while getting ready for work and thought of different ways to go about my morning routine. (Music)
- I worked in a clean and organized room and felt more able to get things done. (Environment)
- I went to a Pilates class and felt like moving helped clear my mind. (Movement)

- I listened to music while drawing and felt inspired to experiment with different designs. (Music)
- I jumped on our trampoline with my little brother and thought of ways to prank him lol.
(Movement)
- I listened to upbeat music while getting ready and felt inspired to put together a new outfit.
(Music)