

Blog Post 6 Revised

When I looked back at my early creativity notes, I noticed that my creativity seems to change depending on the environment I am in. I feel more creative when I am comfortable, relaxed, or around things that inspire me. I noticed this in places like my bedroom, coffee shops, outdoor spaces, and clean and organized rooms. I also noticed that when an environment is distracting or uncomfortable, it can be harder for me to focus and come up with new ideas. These observations made me want to focus my research on how the environments around me affect my creativity.

My early observation data:

- 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)

This is all my observation data but moving forward im going to focus on environment only.

Early Sources:

I have found several sources that helped me narrow my topic down to the connection between physical environments and creativity.

- Lee, J. H., & Lee, S. (2023). Relationships between physical environments and creativity: A scoping review. *Thinking Skills and Creativity*, 48, Article 101276.

This source showed me that our environment can affect creativity. It made me want to look at how the different places I spend time in affect my ideas.

- Rhee, J. H., Park, S. Y., Han, G., Schermer, B., & Lee, K. H. (2025). Role of indoor environmental attributes on creativity: A systematic review. *Journal of Environmental Psychology*, 104, Article 102622.

This source made me think more about how things like lighting, noise, and comfort can affect my creativity. I can pay attention to these things when I collect my own observations.

- 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.

This source showed me that the space I am in can affect how creative I feel. It also relates to my own experiences because I have noticed that some places help me come up with ideas more easily.

- Blomberg, A. J., & Kallio, T. J. (2022). A review of the physical context of creativity: A three-dimensional framework for investigating the physical context of creativity. *International Journal of Management Reviews*, 24(3), 433–451.

This source helped me look at the different parts of an environment, not just where I am, I can use this to compare different spaces and see which ones help me feel more creative.

Research Question:

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

I chose this question because based on all my early observation data and original question, I think what environment I'm in helps inspire creativity more than music and movement. My early observations showed me that my creativity can change depending on where I am. I want to find out which environments help me come up with new ideas and which ones make it harder to focus or think creatively. I am especially interested in everyday places like my bedroom, my work, stores, and outdoor areas.

Data Collection

To answer my research question, I will collect my own observations from different environments throughout my day like I have been. I will write down where I was, try to focus more on what the environment was like, how comfortable or distracted I felt, and whether I came up with any new ideas.

I will use my phone or a journal to record my observations after spending time in each environment. I will look at places like my bedroom, outdoor spaces, coffee shops, work areas, and other places I normally spend time. Then, I will compare my notes to see if I notice any patterns.

Timeline

First, I will review my sources and early observations to make sure my research question stays focused. Next, I will collect observations from different environments and write down my thoughts, feelings, and ideas. After I have collected enough observations, I will review my notes and compare the different environments to look for patterns. Then, I will organize my findings and use them to begin writing my report. Finally, I will revise my report and make sure I have included my research question, sources, observations, data, and findings before submitting it.

Overall, I hope this project helps me understand my own creativity better. I want to see if the environments I spend time in really affect the ideas I come up with and what types of spaces help me feel the most creative.