



A Guide to Unlocking Your Creativity Without a Screen

A FREE RESOURCE FROM THRIVE OFFLINE | THRIVEOFFLINE.ORG

THE BLANK PAGE

You've felt it before — that restless, slightly uncomfortable feeling when there's nothing in your hands and no notification to check. That's boredom. And as it turns out, it might be one of the most creative things your brain ever does.

Research shows that when our minds aren't being entertained, they start building. They wander, wonder, and make connections that constant stimulation never allows. This guide is your invitation to sit with that feeling — and see what comes next.

THE 4-STEP BLANK PAGE METHOD

1

NOTICE

Put the phone down. Sit with the quiet for 2 minutes. What do you feel? Write one word that describes it.

WRITE YOUR WORD HERE

2

WONDER

Ask yourself: "If I could spend the next hour doing anything without a screen, what would I actually want to try?"

WRITE YOUR ANSWER HERE

3

CREATE

Choose one thing. Build it, write it, cook it, draw it, try it. Don't aim for perfect — just start.

WHAT WILL YOU CREATE?

4

REFLECT

After you've done it, answer: "What did I discover about myself in that time?"

WRITE YOUR REFLECTION HERE

Sources: Charged Magazine · Cleveland Clinic · Global Leaders Institute



THRIVE OFFLINE

Helping youth live with purpose in a digital world | thriveoffline.org



GO DEEPER

Reflect, discuss, and take action

A FREE RESOURCE FROM THRIVE OFFLINE

REFLECTION QUESTIONS

1. When was the last time you created something — wrote, drew, built, cooked, or invented — without looking anything up first?

2. What do you typically reach for when you feel bored? Why do you think that is?

3. Is there something you've always wanted to try but keep putting off? What's one small step you could take today?

4. How do you feel after scrolling for 30 minutes? How do you feel after making something for 30 minutes?

ACTION STEPS

- Choose one "boredom window" this week (20–30 minutes) with no screens allowed.
- Keep this guide somewhere visible as a reminder that the blank page is an invitation.
- Share what you created — a photo, a poem, a recipe — with someone you trust.

DISCUSSION PROMPTS

- "What did you used to love doing before you had a phone? Could you try that again?"
- "What's one thing you'd create if you had no Wi-Fi for a full weekend?"
- "Do you think being bored is something to fix — or something to use? Why?"

YOUR NOTES

Sources: Mann & Cadman (2014) · Institute for the Future of Education · Global Leaders Institute

