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Remembering How to Wonder: A Guide to Reclaiming Creativity

By Calie Wrona

I remember being ten years old, lying in the grass, convinced that if I concentrated hard enough, I could hear the Earth spinning. I would spend hours staring at the sky, trying to imagine the vastness of space, the absolute absurdity of existence. I would write poems about things that didn't make sense—what it must be like to be a cloud, whether or not trees have secrets, and why the number seven feels lucky.

And now? Now I stare at spreadsheets and to-do lists. I hear words like “workflow optimization” and “content strategy” and pretend they don't make my soul itch. Maybe that's just how it goes. Maybe creativity is a luxury, and real life is just meetings and deadlines and remembering to buy more coffee pods.

Or maybe—stay with me here—this is a trap. Because the best problem-solvers? The most valuable employees? The people called on for big projects, exciting opportunities, promotions? They're the ones who think differently. They're the ones who aren't afraid to pitch a strange idea, try a new approach, or challenge the status quo.

So, here's what I'm doing. A guide, if you need it. A way to fight against the dulling and reclaim your creativity.

1. Romanticize Your Thoughts

Your brain is not a task manager. It is not just a place to store grocery lists and work emails. It is a universe, and you should treat it like one. Write down the weird, fleeting thoughts that make no sense. Permit yourself to take your ideas seriously, even the stupid ones. Especially the stupid ones.

2. Let Yourself Be Bored Again

The best ideas do not come while staring at a screen, scrolling until your mind is numb. They come when you are staring at the ceiling. When you are stuck in traffic with

nothing but your thoughts for company. When you are waiting in line and resisting the urge to check your phone. Boredom is where creativity sneaks in. Make room for it.

3. Stop Trying to Monetize Every Hobby

Not everything you do needs to be profitable. You do not need to be good at something for it to be worth doing. Paint something ugly. Write a bad poem. Make a playlist that no one will ever hear. Create for the sake of creating, not because it has value in a capitalist sense, but because it makes your brain feel alive.

4. Pay Attention Like It's Your Job

Most of life is happening in the margins—in the way people smile when they're truly happy, in the way the air shifts right before it rains. But you have to be looking. Train yourself to notice. Collect details like artifacts. Make your life feel cinematic, even in the smallest ways.

5. Become Unnecessarily Obsessed With Something

The mating rituals of octopuses. The history of haunted hotels. Hollywood scandals. It doesn't matter what it is—just let yourself be deeply into something. Let yourself research something useless for hours just because it makes your brain feel like a live wire. Passion is the antidote to dullness.

6. Read More Things That Make You Feel Small

There is nothing more humbling than realizing how little you know. Read about space. Read about ancient civilizations. Read poetry that makes your bones ache. Let yourself be in awe of things. Wonder is not something you grow out of—it is something you fight to keep.

7. Act Like a Kid Again

Lie on the floor and listen to music. Make up stories about strangers in coffee shops. Climb a tree for no reason. Eat something messy with your hands. It doesn't matter. Just do something that reminds you what it felt like to be untethered, spontaneous, and deeply present.

Why This Matters

You might be thinking: Sure, this sounds fun, but why does it matter in the workplace? Because creativity isn't a luxury—it's a necessity. Without it, life turns into a to-do list. You wake up, you work, you check boxes, you sleep. Repeat.

But the people who make an impact—the ones who get the best ideas, the exciting projects, the promotions—aren't the ones who go through the motions. They're the ones who think differently, who ask "what if?" instead of "what now?"

A creative mind doesn't just survive the monotony of everyday life—it turns it into something worth engaging with.