

Storysmelling

Stories only the nose can tell

Your sense of smell is a powerful creative tool. Smells connect with narratives. Use your sense of smell to unleash your imagination and uncover untold stories.

Exercise these creative muscles:

Imagination

When you exercise your nose, you unlock the door to your imagination. Using smell as a simple prompt grows your capacity to access your imagination on the spot.

Connection

Practice using faculties you already have, like smell and memory, to connect with the world around you. Use what you already know to develop stories that others can relate to.

How to...

1. **Locate a smell.** Open your nose and let it lead the way. You can start by choosing a specific object (like flowers in nature) or location (like a pastry shop). Or you can take a moment wherever you are right now and begin to notice the different smells around you. Choose one to focus on.
2. **Breathe it in.** Close your eyes and sit with the smell.
3. **Describe it.** Use adjectives. Think of using different textures to describe what you smell. What emotions does it evoke?
4. **Take a trip down memory lane.** Do any specific memories come to mind? How are they connected to this smell?
5. **Enter your imagination.** Choose one aspect of your smelling exploration to focus on and inspire a creative making session. How can you use this scent as a launching pad to imagine a story, make a new connection, or create a fresh idea?