

# 25 Actions

## That Boost your

# CREATIVITY

Increasing your creativity can bring you a whole new world of options to brighten your life.

- ✓ Remember the reasons why you want to be creative
- ✓ Make the decision to be more creative
- ✓ Brainstorm new ideas
- ✓ Ask "what if?"
- ✓ Think outside the box. There's always more than one way of doing things.
- ✓ Think like a child. How would a child see the situation differently?
- ✓ Be confident in your abilities
- ✓ Explore your artistic side. Draw, write, sculpt, or sing.
- ✓ Change your environment. Try a different setting to reflect on a project.
- ✓ Stay curious. Ask questions about everything.
- ✓ Study your subject and then study other people who are successful in that realm
- ✓ Take small steps and notice the details
- ✓ Explore. Try new things. Step out of your comfort zone. Experiment.
- ✓ Steer clear of judging yourself or your ideas
- ✓ Keep a journal. Some great ideas may come to you as you reflect on your day.
- ✓ Listen to music
- ✓ Stay away from distractions
- ✓ Make new definitions, erase stereotypes, and choose to see things differently
- ✓ Relax. Once you're refreshed, new ideas will come more easily.
- ✓ See a project or task from a different perspective
- ✓ Create a mind map to visually represent the relationships between various ideas
- ✓ Ask for help
- ✓ Give yourself enough time to be creative on a project
- ✓ Visualize yourself succeeding
- ✓ Believe in yourself