



10 Ways to Ignite your Creativity

1. *Set the Tone...Listen to Music!*

Particularly Johan Sebastian Bach. Classical music should get your creative juices flowing.

2. *No Idea is a Bad Idea...Brainstorm!*

Find a colleague or two and schedule time to share ideas. Once you get started, you'll find that one idea leads to another. It's contagious!

3. *Be Prepared!*

Capture new ideas as they flow into your mind by always carrying a journal and/or a personal memo recorder. One good idea written down is better than two in your head that may end up lost. You may discover that 90% of your ideas are no good, but don't worry because if 10% are brilliant, that's what counts!

4. *Get Fresh Input!*

Your mind needs stimulation to keep creativity alive. You can stimulate it by giving it varied types of input. So try to do something new each day. It can be as simple as listening to a different radio station, reading a different type of magazine or business publication, or taking a different route home from work.

5. *Use Resources likes Books, dictionaries, or a thesaurus!*

If you're stuck for an idea, open up a book that relates to your topic and randomly search for ideas. Using a thesaurus or a dictionary also helps you in developing more creative letters, proposals and presentations. After you use these resources, try to formulate thoughts incorporating your new ideas. This concept is based on the theory that: freedom inhibits creativity. There are nothing like restrictions to get you thinking. If you think this sounds crazy...think about it. When you are utilizing the Web with no parameters, you rarely find what you are looking for.

6. *Go for a Walk!*

If you can't think, change your environment and go for a walk. It's good for you and the exercise helps give you a new perspective.



7. Use a Bulletin Board!

Place a bulletin board in a central location in your office. Write a problem to be solved on a piece of colored paper, and place it in the center of the board for everyone to see. Anyone with an idea or suggestion about the problem writes down their suggestions on a white piece of paper and places it under the problem on the board.

8. Use Associational Mind Mapping !

The mind stores information by association. This concept is based on the compilation of a thesaurus. As an example of associational mind mapping, write the word 'happiness' in the middle of a sheet of paper. Draw lines radiating out from the word and write down what your thoughts are on the concept of happiness. Ask others to do the same exercise and compare. You can do this exercise with any word or problem to help find creative solutions.

9. Challenge Yourself beyond your Comfort Zone!

Anytime you can take a new challenge, do so. Explore something new with the purpose of solving it, or generating ideas. Challenging yourself in areas that you are uncomfortable allows you to develop new creative abilities.

10. Slow Down!

It's important to give yourself time to unwind so your subconscious mind can do its creative work. It's no coincidence that many people get their best ideas while driving, showering, working out, or after a short nap.