

# Top 10 Creativity Techniques

- 1 Journaling**

Use a nice A4 (blank pages) journal to capture thoughts, ideas, dreams, observations, problems and frustrations. Take 15-30 minutes every day. Reflect on the past 24 hours - anything goes, as long as you are writing.
- 2 Refreshing**

Stimulate your mind daily and get fresh daily input. Try new sensory experiences (touch, hear, smell, taste and see). Get new perspectives - Go to an art exhibition, take a different route home, listen to a new radio-station or do shopping at a different grocer in a different area.
- 3 Challenging**

Take on a new challenge or problem every week. Stretch your mind to solve the problem and generate new ideas. Do Mensa puzzles or take on the challenge of a difficult crossword or Sudoku puzzle!
- 4 Broadening**

Learn something new every week. It may be new words in a foreign language, reading up on history, using a thesaurus to broaden your command of the English language, trying out a new recipe or learning to play a new instrument. Some of these may need practising or repetition to become a more permanent feature in your long-term memory!
- 5 Surrounding**

Surround yourself daily with things that create positive energy and inspire. See the beauty in nature. Create simple, yet beautiful environments to live and work in. Reorganise the furniture. Paint a wall in a drab and depressing office. Display pictures of loved ones and happy memories. Get a lovely plant or pick a bunch of fresh flowers for your office or home.
- 6 De-cluttering**

Reduce the environmental, physical and emotional clutter in your life and reclaim positive energy in your life. Join a recycling programme. Clear out the cupboards, remove items that are broken, unused or have no function, and donate these to charities that need it more than your do. Let go of emotional baggage, forgive - Anger, guilt and blame become a heavy burden to carry around. Avoid and cut-out toxic relationships and emotional vampires!
- 7 Organising**

Spend 10-15 minutes every day to plan and organise your day. This may not seem like a creativity technique, but being organised actually reduces stress, improves time-management and frees up space for the activities that we really love. Identify priorities, create a list of to-do's and schedule trips.
- 8 Relaxing**

All busy minds need to take time-out from time to time. Get 6-8 hour's continuous sleep every 24 hours. Learn to take short breaks, take 20 minute "power-naps" or take a walk outside. Get some physical exercise. Listen to soothing music while you are driving in traffic. You decide!
- 9 Laughing**

Humour is an excellent technique to relax and reduce negative stress. Find the humour in daily situations. Play and have fun from time to time.
- 10 Mind Mapping**

Learn how to create Mind Maps and how to apply these in day-to-day activities. Make it colourful and use pictures, symbols and words. Use it as a planning tool, to quickly generate ideas, do root-cause analysis or creatively solve problems.