

10 Ways to Boost Your Creativity Quickly

Learn how to foster the right conditions to awaken your inner creative process.

Welcome!

You can't strong-arm the creative process into making an appearance. But you can gently nudge it along, by fostering the right conditions.

There are plenty of things you can do to become more creative over the long term. You can learn a musical instrument, take dance classes, or play a strategy game like chess, all of which are known to improve creativity.

But what happens when you have a deadline looming or an immediate problem to solve? Under these circumstances, you need those creative juices to start flowing sooner, rather than later.

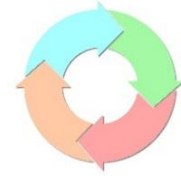


Trying to force creativity doesn't really work, and it can backfire. The creative process can't be strong-armed into making an appearance. However, by fostering the right conditions, you can awaken your inner creative process and gently nudge it into action.

Here are 10 ways to cultivate ideal conditions to boost your creativity quickly.

1. Get unstuck by temporarily shifting to another task.

Sometimes when you're trying to think creatively, the opposite happens. Your mind gets stuck on one track, and you feel like you're going around in circles.



Going around in circles...

Get unstuck by shifting your attention to something else for a while. This breaks the thought loop you're in, so when you get back to your original task, you're capable of thinking about things differently. Instead of going around in circles, you can start fresh and move forward in a new direction.



...moving forward.

2. Change something in your surroundings.

A change in one area tends to prompt changes in other areas. Take advantage of this when you want to boost your creativity, by changing something in your surroundings. You can rearrange furniture, hang a new picture on the wall, or simply move a few small items around.

If you're unable to change something in your space, you can achieve the same effect by working in a different location, even if it just means moving to another office or room.

3. Get up from your desk and move around.

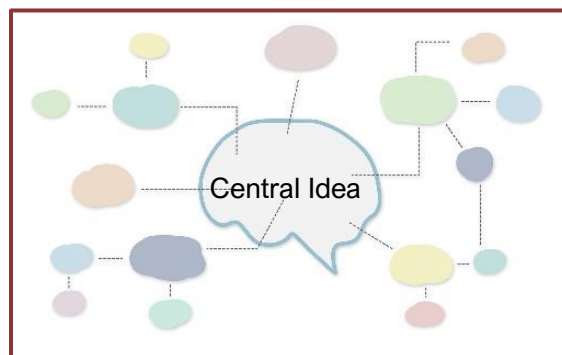
Exercise and movement aren't just for your body; they keep your mind in top form, too.

If you find yourself drawing a blank while trying to generate some fresh ideas, get up and get yourself moving. It can be a jog, a walk, a bike ride, a workout, or even some simple stretches. You'll shake off that mental dullness and tiredness, and you'll sit back down feeling refreshed and energized.

4. Create a mind map.

A mind map helps you generate new ideas by expanding on existing ones. Many people find mind maps to be the perfect tool for sparking creativity.

You start by writing down a central idea in the middle of a blank page, and then branch out by writing down related ideas. One branch may end quickly, while another may extend with many offshoots.



The beauty of mind mapping is the way it encourages you to branch off in different directions. The visual aspect of a mind map also supports the creative process. You're more likely to make connections and discover ideas you wouldn't have arrived at otherwise.

5. Change your perspective from big picture to minute details (or vice-versa.)

Continually looking at a situation from the same angle can stifle your creativity, as you keep seeing the same thing no matter how much time you spend looking at it.

One way to come at things from a different angle is to change your perspective from big picture to minute details. Take a small detail and play around with it, exploring it to see what you can do with it.

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exploring it to see what you can do with it.**

Or, if you find yourself getting bogged down in the details of a situation, stand back and look at the big picture. This will bring additional elements into focus you may have been missing, giving you more to consider and work with.

6. Take a quick power nap.

Once you reach the point of mental exhaustion, your thinking ability is compromised, and you start overlooking things that are obvious. Give yourself a rest by taking a quick power nap. You'll wake up in a totally different frame of mind, and you'll come back to things with a fresh set of eyes that can more keenly spot ideas and options.

7. Get out some paper and start drawing.

Still thinking and getting nowhere? Get out some paper and start drawing. What should you draw? Anything!

Engaging your hand to physically draw engages your brain in a different way, providing an additional pathway for ideas to emerge and take shape.



8. Listen to music designed to promote sleep.

It might seem counterintuitive, but music designed to promote sleep can also help to promote creativity.

The secret rests in how this music enhances your ability to move into different brainwave states.

Sleep-promoting music doesn't put you to sleep instantly. As you listen, you move into the **alpha** brainwave zone (the dominant zone during relaxation) followed by the **theta** brainwave zone (the dominant zone during meditation.)

You're still very much awake as you pass through these brainwave zones, but anxiety is reduced. As your mind becomes increasingly calm and relaxed, it becomes more receptive to the flow of creative thoughts and ideas.



9. Get outside and into nature.

Getting out into nature is good for your body and your mind. Only have time for a short walk around the block? You'll still benefit.

Focusing on the sights and sounds around you will relax and clear your mind. Take a few deep breaths, and gaze up at the clouds. Within just few minutes, you'll be in a different headspace.

10. Get inspired by listening to someone else's story.

There are people all around the world finding creative solutions to challenging circumstances. Whether surprising, funny, or heart-warming, their stories will help you to look at the world differently.

Listen to a podcast or a Ted talk, and allow someone else's creativity to rub off on you.

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Bonus Tip:

Creative ideas can show up when you least expect them. Be prepared, by keeping a notebook handy to jot down ideas as soon as they come to you.

Did a neat idea pop into your head just before you went to bed? Or perhaps you woke up with a fresh take on something you've been working on? Jot the idea down quickly, before it floats away and you forget it. You don't need to flesh things out right at that moment, you just want to get the basic idea down on paper, so you don't lose it.

Over time, you'll build up a collection of ideas that you can refer to as an additional tool to spark your creativity.

I hope you feel excited about tapping into your creative side!

Thanks for reading this guide and learning about all the things you can do to tap into your creative side. I hope you're feeling excited about trying out some new strategies the next time you're in need of a quick burst of creativity.

If you have any questions or comments, please feel free to get in touch with me at:

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I would be happy to hear from you.

Take Care!

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