

10 WAYS TO BOOST YOUR CREATIVITY



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LOSE YOUR PRIDE

If you're not worried who gets the credit for your creativity, then you'll love building new ideas with other creatives



STAY CALM

Get in control of your thoughts and emotions. Learn some relaxation techniques to keep your mind and body under control



GO NATURAL

Even pictures of nature inspire people's minds to be more creative. Better still, go into the wild!



MOVE MORE

Research shows people come up with more ideas after even minimal activity

USE YOUR HANDS

Working with materials and models will help you create ideas



COMFORT ZONE

Don't be afraid to get out of your comfort zone. Get comfortable with being uncomfortable



ENERGY

Manage your energy levels effectively by eating a well balanced diet and staying hydrated throughout the day

SEARCH FOR EVIDENCE

Get a list of all the past when you've come up with creative solutions to things



TAKE A BREAK

Stop and pause for a moment. Take a break to refresh your body and mind



HANG OUT WITH CREATIVE PEOPLE

Who are your most creative friends? Go and spend some time with them and pick their brain about how they be creative



60 Ways To Boost Your Creativity 323380

Regina Pacelli



60 Ways To Boost Your Creativity 323380:

Whole Lotta Creativity Going On Regina Pacelli, 2014-08-24 Be your own kind of creative Everyone has a creative core Everyone But in order for it to thrive it needs to be nurtured That s where *Whole Lotta Creativity Going On* can help It s not a how to book but rather a fun book filled with 10 different types of unusual and thought provoking activities and exercises which can be used to ignite and invigorate your creative spark Sometimes those that don t feel they are creative surprise themselves the most when they unlock the door clear away the dust and begin to discover and unleash the creative side of themselves For others perhaps their creative spirit hasn t been given enough of an opportunity to really flourish and express itself in its own unique way This book contains 60 different creativity stretchers to get you going which are grouped into the following categories Awareness Sensory and Experience Creativity in Action Ideation Imagination Pictures Patterns and Abstractions Snap Portraits Snap Solutions Stop and Reflect Thought Expression Word Play Keywords Creativity self help personal development self improvement fun games creativity exercises creativity workbook [The Creative Treasures](#) Joshua Strachan, 2017-05-03 Creativity is a treasure sought by many but realized by few Productive thinking has presented many great leaders and geniuses but only few are able to get people s attention with their creativity make a name or create the change they want to see in their environment The most important aspect of being creative is finding relevance beating time and having a constant stimulation to create even better version of an existing creation Overcoming creative limitations will provide a MENTAL DWELLING PLACE where most geniuses and great leaders such as Albert Einstein Ronald Reagan Thomas Edison and The French Emperor Napoleon interpret as creative paradise It provides the energy and power needed to influence the social environment and to provide a new perspective about an existing phenomenon Winston Churchill confessed of using one of these creative boosters to finish twice as much work every day All THE CREATIVE TREASURES in this book are deducted from in depth scientific researches and studies made on normal people to prove the most effective brain stimulation techniques in order to achieve a deeper social influence using unique creations This includes reversal energy management conventional disconnection to achieve a deeper connection to a profitable reality and also capitalistic social intelligence After reading the first 3 chapters you can be assured of a new creative insight This discipline eliminates pressure and uncertainty about the value of your creation It also proves the essence of speed with real life examples as an important factor to achieve effectiveness **Get Creative** Lisa Dyer, 2018

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