

8 PRACTICES TO REBUILD CREATIVITY



What can you do to restore your creative mindset to its fullest potential? Here is a workout routine bringing together physical and mental activities to uplift your creativity.

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1 BREATHE, CENTER & FOCUS

Prepare yourself. Adopt breathing and meditative exercises to locate your creative energy and establish a clear mind ready for creative play. Feel your self-awareness becoming centered & focused.

2 MOVEMENT & EXERCISE

Physical activity primes your mind for creative thinking. Find some work desk exercises to refresh and relieve. Add some outdoor exercise sun time for health, nature and stretching your power of observation.

3 GROWTH MINDSET

Remind yourself to be open to new ideas and possible change. Recount one or two new things you experienced. Ask yourself how something could be better. Exercise critical thinking. Develop and share an opinion.

4 THINK DIVERGENTLY

Creativity with results is a cycle where you think of possibilities, then think through possibilities. When you next have a creative decision to make, think divergently before you think convergently.

5 THINK POSITIVELY & MOTIVATE

Is your glass half-empty or half-full? Creativity is most impactful and motivating when borne by a positive mindset and attitude. This happens to be hard work and takes a big effort in intrinsic motivation.

6 CONTEXT SENSITIVITY & SENSIBILITY

Is it the right time? Is it the right place? What are the needs and expectations? Practice matching solutions suitable to the problem context. Carefully choose the appropriate words and tone. Anticipate the reception and reaction.

7 FAST THINKING

Learn to trust your fast thinking. Catalyze yourself to activate your creative energy. Search for creative flow. and resist self-doubt. Reserve self-editing for a later step in idea realization.

8 DESIGN THINKING

Fill in the blanks. Who? What? Where? When? Why? How? Express your passion and purpose using these elements. If this expression resonates, you have stepped into the design thinking zone.