

Creative Business

When you think of creative do you think of painting, writing or other artistic crafts? Most people think creative individuals are artists with work hanging in museums. But in actual fact every person has the ability to be creative. Thinking of problems and solutions from different angles is one of the most creative activities one can do and the most beneficial for business. So how can you become more creative?

Here are a few activities to help you get in touch with your inner finger-painter.

Each day, do one thing different from your normal routine

- Say hello to someone first
- Try a different type of book or movie

Try writing everyday

- Journaling is a way to quiet the mind and get the busyness out of your head

Create a collage and surround yourself with stimuli

- Cut out pictures of things that are important to you, make you happy, and motivate you
- Place it in your office or someplace where you can look at it often and keep you inspired

Play with thoughts and ideas

- Write down every suggestion and idea that pops into your head, even if it is not realistic or logical

Stop thinking about the problem, let your subconscious work it out

- Sometimes the best thing you can do is not think about the problem and it will solve itself (why else do you get such wonderful ideas in the shower?)

Sofia, Employment Facilitator

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