



50 Way to Think Creatively

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1. Give your creativity space, time and attention - like any muscle, it needs practice to be strong
2. Be curious - wonder about things you don't normally think about
3. Have more questions than answers; don't rush to answers - explore first
4. Use Divergent Thinking as well as Convergent Thinking
5. Get clarity about exactly what you are trying to solve or envision and *why*
6. Turn problem statements into vision statements
7. Record your thoughts and ideas
8. Have brainstorming buddies and a creativity support team
9. Break patterns and habits - consciously do something different
10. Use the body - walk, dance, move - differently to think differently
11. Surround yourself with diverse types of people and ideas
12. Use reverse or opposites thinking
13. Look for the story behind or about something
14. Meditate - cultivate being able to be fully present in any moment
15. Live in terms of exploration and discovery, not just solutions or right answers
16. See uncertainty as an invitation to discover something new
17. See mistakes as an invitation to create something new
18. Suspend judgment as you explore and experiment
19. Think in terms of "What if?" about seemingly obvious things
20. Surround yourself with inspiring people, images and objects
21. Justify why something works even before you know why - make it up as you go along until you see new patterns emerge
22. Tell your own Creativity Story and identify the beliefs you have about yourself as a creative person - develop positive beliefs about creativity and you as a creator
23. Experiment without needing it to work - let go of attachment to outcomes
24. Use visual, metaphorical and analogical thinking - not just analytical
25. Thinking terms of what works rather than the one right way
26. Use "Yes-And" thinking rather than "No-but" thinking
27. Expand your view of creativity to be more than just the arts or creative expression - it's not IF you are creative, it is HOW
28. Engage all of the senses - sight, touch, taste, smell, sound
29. Use different types of music in the background while thinking
30. Think of your vision or challenge in terms of attributes: shape, size, color, texture
31. Use the [S.C.A.M.P.E.R.](#) technique with your ideas (google it)
32. Read up on creative thinking techniques and DO them the get practice

33. Learn to listen to your intuition to follow hunches and discern ideas
34. Be willing to break rules, and then break them again
35. Cultivate your inner “bon vivant” - have fun, laugh, play
36. Allow Natural Resistance to be part of the creative process - embrace, rather than avoid, the discomfort of ambiguity as an essential part of process.
37. Allow time to stay immersed in the question
38. Take improv theater classes to feel more comfortable creating in real time
39. Animate concepts, ideas and challenges - endow them with human or other characteristics - to discover new solutions
40. Write out the unique ways you *already* are creative
41. Use, and value the whole brain - including the visual and kinesthetic
42. Draw or paint concepts
43. Develop your own creativity rituals
44. Adopt alternative views of reality
45. Pretend you are someone/thing else while problem solving or creating - wear another “hat” to view the problem
46. Embrace being wrong/mistakes as a worthwhile part of the creative process
47. Allow discomfort to be an acceptable part of the process
48. Think in terms of “Given that this situation has these boundaries, what CAN I do?” instead of, “I can’t because of something I cannot control.”
49. Value imagination as much as knowledge
50. Finally, there is no substitute for passion - find what is alive for you and create from there.

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