



# How to Become a Creative Thinker

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While it's true that some people are born with a creative mind, it doesn't mean that creative thinking can't be learned and developed.

You may even believe that you don't have a creative bone in your body, but this simply isn't true. If you weren't capable of some type of creative thinking, you'd be a robot!

## Believing In Yourself

The first step toward creative thinking is the belief that you can acquire and develop the skill. The truth is that, if you continue to set up a mental roadblock and tell yourself that you can't think creatively, you'll never get past this first step.

***When you truly believe in yourself, you also open up doors.*** The possibilities are endless just because you decided to give creative thinking a shot.

## Developing Creativity

In order to foster creativity in your life, ***start thinking about where you want to apply your newfound creativity.*** It'll help, at least at first, to have a specific goal instead of the broad goal of just "thinking" creatively overall.

You might start with discovering better solutions to common problems at the office, or you might want to broaden your horizons with an artistic goal in your free time.

**No matter what your goal is, try applying some of these creativity boosting tips:**

- 1. Spend time brainstorming.** When looking for ideas for a project - or solutions to a challenge - write down *everything* that comes to mind without holding back. Don't worry about logistics or staying organized; ***just let your mind go free.***

- Another form of brainstorming that might be worth a try is *free writing*: just pick up a pen and let your mind go wild on the topic of your choice. Tell yourself that you can't pause or put the pen down; you *must* keep writing. You'll be surprised at what you can unload from your brain during a free writing session!
- 2. Change your surroundings.** You may have noticed that your patterns of thinking change when you're in different places. If you find that your mind is stuck, try changing your environment. Go out for some fresh air or hang out in a coffee shop. It may be just what you need in order to discover a new and exciting idea.
  - 3. Take notes.** Always carry some kind of note taking device with you, whether it's paper or a mobile device. ***Record your ideas as they come to you, no matter where you are at the time.*** Creative thoughts can come and go, but if you write them down you won't forget them.
  - 4. Research your topics.** Even though it may seem boring, you can do some research online. When you do, you'll learn that knowledge is power and it'll enable your brain to get to a place it wouldn't normally have gone.
- Enjoy the journey and always follow your love of learning. Research will always provide you with new angles of thought.

### **Consider Other Perspectives**

While everyone comes with their own unique set of abilities and opinions, when you develop your creativity, ***you learn how to come up with new ideas and solve problems from different points of view.***

No matter what challenge you're faced with, spend time considering the perspective of others. While you might not share the opinion of another, see if you can figure out how or why they have that view. Think about how they feel. Developing this empathy will keep your mind open, which will always foster creativity.

When you get into the habit of using these tips often, you'll be pleased to see outbursts of creativity!