

How To Be CREATIVE At Work

There is a common misconception that **Creativity** is a gift - that it's something you either have or you don't. However, this is simply not true. **Creativity** is something you have to work at. It's like a muscle you have to train. So how to be innovative and creative at work? **Creativity** is about trying to see things from a different angle; it's about trying to find a new perspective. It's about trying to step outside of the mental constraints we impose upon ourselves to attempt to look at a problem in a new light. Being **creative** is trying to understand what limitations we are unwittingly conforming to, and then breaking free of them. It is allowing yourself to do things, experience things or consider things in unfamiliar ways.

Below are some simple ways on how to be **creative** at work.

The key to releasing your **creative** power is to keep things always fresh. Fight against routine, boredom and negativity. Always strive to try new things and keep people on their toes. Perhaps not all of these ideas will work for you – but they may give you new ideas of your own. And that, after all, is how **creativity** works!

"8 WAYS TO BE CREATIVE AT WORK"



1. Start Your Day with Creativity



2. Set Aside "Creative Time" out of the Office

3. Surround Yourself with Inspiration



4. Pair Up

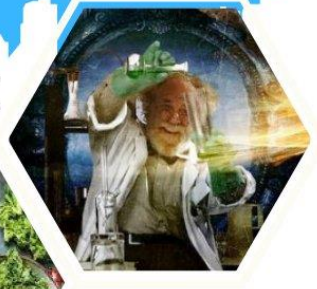


5. Control and Manage Negativity



6. Be Curious

7. Encourage Crazy Ideas



8. Eat Creative Foods



Notes:

1. Start Your Day with Creativity

Another bad habit so many of us now have that kills **creativity** is to fall into the rut of routine from the moment we open our eyes. Why not start by giving your brain something different and stimulating when you first wake up? Leave your phone switched off for the first hour of the day and give your brain something else to do instead. Listen to music, read a book, meditate, do yoga, make some unique drink or anything else you can think of. Give your mind some space to breathe and expand first thing in the morning – and then see how much more **creative** you become later in the day.

2. Set Aside “Creative Time” out of the Office

The routine of turning up for work and doing the same old thing in the same old place is deadly poison to **Creativity**. You end up training your brain to think about things in the same way, and the day-to-day grind drives fills the space required for original thoughts. An answer to this is to set aside “**creative time**” outside of the office. Allow yourself 45 minutes once or twice a week to sit in a coffee shop and just think. You should find a place that is comfortable and quiet, somewhere you can simply sit and be alone with your drink. You shouldn’t have any particular goals and you certainly shouldn’t take work with you – but at the same time, this is “work time” and you should focus your thoughts on work. The idea is to allow your mind to relax and simply wander. You will probably come up with some surprising new insights or ideas.

3. Surround Yourself with Inspiration

Even if you can’t go for a walk, spend reflective time in a coffee shop or rearrange your things, you can still surround yourself with inspirational material that will help keep your mind on its toes. Make sure you keep replacing everything too – it will keep your space fresh, and this, in turn, will keep your mind fresh. Above all, don’t let your environment become dull and boring or your mind will stagnate.

4. Pair Up

Creativity and innovation will be stunted if you work alone, so have someone to bounce ideas off of. Depending on your work situation, this could take different forms. One idea might be to organise dedicated brainstorming sessions with your business partner or another collaborator. Another more original idea might be to pair people in the office for a certain amount of time as “**creativity buddies**”. For a set period, perhaps one month, you can set aside a time each week for the two to share ideas, brainstorm, chat, discuss and generally come up with new ideas. After the allotted time is up, rotate the pairs to keep things fresh and help generate even more **creativity**. This way, you can have people with different expertise and outlooks teaming up; new ideas will quickly start flowing.

5. Control and Manage Negativity

Another killer of **creativity** is negative emotion, so if you want to be at your most creative and innovative, don’t allow negativity to crowd it out. Push the negativity

to one side, compartmentalise it and try to put yourself in the kind of positive state that is so much more conducive to **creativity**.

6. Be Curious

Creativity at work is not limited only to what goes on in the workplace. If you want to be a **creative** and innovative individual, you need to broaden your horizons. Try to find ways to step outside of the world you are familiar with and learn about as many fields of knowledge as you can. This is a trait that many of the most **creative** people have in common – they are all insatiably curious. If you have too narrow an outlook, you won't be able to break out of your limited world view and make the connections you need to have original thoughts. Read, learn, listen to podcasts, find out as much as you can about as many things as possible. We now live in a world where this is easier than it has ever been – so there are no excuses.

7. Encourage Crazy Ideas

There is a school of thought that says we are all born **creative**, but we lose it as we grow up. As children, we are full of crazy ideas but as we grow into adults, reality and our experiences temper our ability to think outside the box. In order to allow **creativity** to thrive, encourage the craziest ideas without any thoughts for whether they are possible. The ideas you come up with might not necessarily be useful – but this kind of thinking will allow **creativity** to flourish.

8. Eat Creative Foods

We said that your **creative** mind is like a muscle that needs exercising – and if this is true, it also needs feeding. Some of the foods to prioritise include unprocessed foods, cold water fish, green vegetables, nuts, fresh fruit and veg and...coffee! Allow yourself to indulge in a few treats like chocolate from time to time. This will help you feel happy and positive – also essential for good **creativity**.