

# TIPS TO BECOME MORE CREATIVE



## BE ACTIVE INSTEAD OF PASSIVE

Active people tend to be more creative as compared to ones having a passive approach to life.



## CREATE SOMETHING

When you create something, it comes from creativity, when you do it regularly it will come naturally to you.



## CHANGE YOUR MINDSET

You can be creative by choosing to see things differently. After all, creativity also includes being able to perceive things creatively.



## EAT HEALTHILY

Science has shown time and again that the people who eat right are more creative than those who eat junk food.



## SLEEP WELL

Similarly, when you get 8 hours of sleep, your cognitive functions are better and you can be more creative than you are when you are sleep deprived.

