

HOW TO BE MORE CREATIVE

1 KEEP AN OPEN MIND

Keeping an open mind involves being receptive to new ideas, being willing to consider alternative perspectives, and being open to change.



2 PRACTICE MINDFULNESS

Being mindful helps us focus on the present moment, acknowledging thoughts and feelings without judgment, and practicing deep breathing and meditation.



3

JOURNAL

Journaling encourages free thinking, sparks new ideas, and helps in exploring emotions, leading to enhanced creativity and self-expression.



4 TAKE BREAKS

Taking breaks allows the mind to relax, recharge, and make new connections, leading to enhanced creativity and fresh insights. This revitalization can lead to improved problem-solving and overall productivity.

5

TRY NEW THINGS

Exploring new experiences broadens perspectives, fostering creativity by inspiring innovative thinking and pushing boundaries to discover unique solutions.



6

COLLABORATE

Collaboration leads to creativity by combining diverse perspectives, skills, and ideas to generate innovative solutions and foster original thinking.

