

A tropical beach scene viewed through an open window. The window has white frames and is open on both sides, revealing a bright blue sky, a white sandy beach, and turquoise water. In the foreground, on the windowsill, are a pair of yellow and black swim fins and a small white object.

UNLOCK YOUR INNER CREATIVITY

REPORT

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Unlock Your Inner Creativity

When you think of creativity, what comes to mind?

You might be surprised to know that creativity isn't only about creating masterpieces, writing books, or inventing the next big thing.

Instead, creativity is about finding new ways of approaching situations or solving problems.

Creativity is a useful skill for everyone in every walk of life.

We are all creative beings in some way or another even if we don't consider ourselves so.

Society defines a creative person as one with artistic expertise.

But that is not the real meaning of creativity.

Creativity, basically, is the ability to think of new solutions, new ways of doing things or using what you have in a different way.

It's about transforming your ideas, imagination and dreams into reality.

And it's about seeing hidden patterns, making connections between unrelated things and coming up with new ideas.

In his book, ["Creativity: The Psychology of Discovery and Invention,"](#) Mihaly Csikszentmihalyi, gives the definition of creativity as, *"Creativity is a central source of meaning in our lives ... most of the things that are interesting, important, and human are the results of creativity... [and] when we are involved in it, we feel that we are living more fully than during the rest of life."*

Everyone can unlock their inner creativity, even when they believe they can't.

It's about changing the way you think about problems in terms of a different solution than what is normal.

As Steve Jobs has said, "Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while."

How do you unlock your creativity and how will it help you succeed and live a fulfilled life?

There are many ways to do this even if you think you can't or feel like your creativity is so solidly locked away so you can never tap into it.

The solution can be as simple as stepping away from the problem for a few minutes, hours, or days, depending on what you need.

Throughout this guide you will learn why creativity is powerful and how to unlock your hidden creativity.

Then you'll learn how to use it in different aspects of your personal life and career for more fulfillment and success.

Power of Creativity

"You can't use up creativity. The more you use the more you have." - Maya Angelou

Why do you need to unlock your creativity?

Creativity is powerful for many reasons.

It's not an exaggeration to say that creativity is possibly one of the most important attributes you can have and tap into.

In fact, creativity may help you live longer.

But aside from that, there are several ways creativity is a powerful influence in your life.

1. Creativity improves your outlook. People who do some type of creative activity every day share the same personality traits as people we think as genuinely creative like artists, musicians or designers. The activity might include finding new ways to work, solving crossword puzzles or cooking meals. These traits include:
 - a. Curiosity
 - b. Drive
 - c. Open-mindedness
 - d. Persistence
 - e. Positivity
2. We find new and exciting opportunities. Creativity increases your opportunities. You will notice more opportunities in your life when you're creative because you've learned how to find a way to turn obstacles into opportunities from another angle. You're more likely to see the opportunity since you have an open mind. Even small creative projects open us up to new possibilities.
3. Creativity allows you to have the freedom to mess up. Have you ever watched an artist work? They're constantly changing things until they get the look they desire. Most creative people work this way. They keep trying and adjusting until they have the aha moment they desire. Tapping into your creativity means not being afraid to try new things in different ways without worrying about messing up (**Note:** This is really important for writers!).
4. Creativity keeps you engaged in life. It pushes you to keep learning and interacting. This helps you maintain your mental well-being, keeping your mind strong and healthy.
5. Creativity is a stress reducer. Engaging in creative pursuits is similar to meditation. It doesn't matter if you lose yourself in some type of activity like writing, baking, listening to music or creating a new procedure in your business, the process is what helps you decompress.
6. Creativity improves vital skills for success. Engaging in creative exercises builds your problem-solving skills and your confidence. You are more open-minded and have more

patience with others when you tap into your creativity. This makes you more willing to accept ideas and scenarios that aren't typical, making you a better thinker and more prepared to take on challenges.

7. Depression is lifted through creative endeavors. When you do the things you enjoy, self-judgment is pushed aside. Those thoughts of not enough, or that we're bad or don't matter no longer show up. Instead we do it just because we enjoy creating.
8. Our intuition is heightened through creativity. When you feel stuck, listen to your intuition or your instincts to find solutions and clarity.
9. Creativity lets you get out of your own way. When you focus on the act of doing something rather than worrying you feel lighter, happier and your thoughts are freer to come up with creative solutions or new perspectives.

The power of creativity helps you become successful in many areas of your life.

Aside from helping you tap into personal resources; it helps you build confidence in yourself.

Unlocking Hidden Creativity

“Clean out a corner of your mind and creativity will instantly fill it.” - Dee Hock

“How to unlock creativity: slow down, study another field, get into nature, get out of office, music (lots), sketch, cardio before/after, nibble on small ideas, throw stuff away, atomize the work, look for orthogonal inspiration, breathe, learn about circadian rhythm, paint.” ~Brian Norgard

We are all born with creativity but as we grow to adulthood we may push it to the back of our minds, thinking creativity won't help us become successful citizens.

But using your creative abilities is a way to be more fulfilled and successful in your life and career.

As children we often played make-believe or played games that we made up the rules for.

We dreamed up characters and talked to our stuffed animals like they were alive.

But as adults we obsess over what others will think of us and our ideas.

This can kill our creativity, causing us to keep it hidden.

You can learn how to unlock your creativity in many ways.

It can be brought up to the surface when you need it and should be used often.

It doesn't have to be creating art or building something, although that is certainly a part of being creative.

Here are 13 strategies to try that will help you unlock your creativity.

1. Walk aimlessly.

Leave your phone at home and just walk.

Pay attention to where you are and where you're going.

Otherwise just walk.

If you get lost, ask someone for directions.

This leaves you open to the unknown and builds a connection being okay with uncertainty.

2. Create a list of 10 bad ideas.

You must be willing to fail or look bad to unlock your creativity.

Stretch your creative thinking skills by coming up with 10 original ideas.

3. Create a unique solution to a problem you're having.

Make a list of problems you're having in one column.

Then make a list of creative ways you could attack each one.

Think outside the normal solutions.

4. Dance by yourself alone in the dark.

Let your mind relax and enjoy the feeling of movement.

Your body and mind are connected.

Dancing lets your body have a creative outlet.

Doing so in the dark allows you to dance freely without having to see how you look doing so.

This lets you be more open and release creative blocks.

5. Take a break.

When you are in the middle of your problem, you often don't see but one solution.

Changing what you're doing helps your brain break free of the pattern.

Take a few minutes to take a short nap or go for a short walk.

The moment right before or right after a nap are especially fertile in bringing in creativity.

Walking as well frees up your brain to allow creativity to flow.

6. Go to a different location when you're in a mental rut.

Go to a place that makes you happy, such as a nature preserve.

Go somewhere where you can relax and just lose yourself without thought.

7. Connect with your inner child.

What did you like to do for fun?

Did you jump rope or ride bikes?

See animals in the clouds or build rocket ships to the moon?

Hold space for your inner child to run wild by swinging on a swing set, playing checkers or lying in the grass looking at the clouds.

8. Color.

Coloring isn't just for kids.

It's a great way to boost your creativity while relaxing you.

Grab an adult coloring book and some colored pencils.

Find a quiet place and let your creativity flow.

The act of coloring is calming and meditative and gets your mind moving in an imaginative way.

9. Meditate and do yoga.

Unlock the creative energy that is naturally flowing through you by practicing yoga and meditating.

Yoga opens up your chakras and gets the life-force energy flowing as it strengthens your body.

Meditation, even for just 10 minutes, calms your "monkey brain" that gets in the way of the creative muse within you.

10. Try a new skill.

Your creativity is sparked when you learn a new skill.

You have to be open to learning and trying, which is a part of being creative.

Sign up to learn how to paint or take up voice lessons.

Try a weekend of snowboarding or spend some time learning how to fly-fish.

You'll enjoy yourself learning a new skill as you expand your creativity.

11. Try Feng Shui to allow creativity to flow.

Feng Shui is about creating balanced areas of your home or office.

For example, place whimsical and playful items in certain areas to overcome creative blocks.

12. Take a different route to work.

This shakes up your routine, activating different parts of your brain.

A different route gives you a different perspective and you start to see things differently.

13. Read different types of books that you normally wouldn't read and vary them.

Read a self-help book followed by a political memoir, for example.

Creativity in Your Life and Career

"Creativity comes from looking for the unexpected and stepping outside your own experience" - Masaru Ibuka

There are many reasons and ways you can use creativity in your life and in your career to help you become more fulfilled and successful. Creativity is often thought of as making something, but creativity plays a bigger role in how we live and do business.

Creativity can be used in every aspect of your life. Creativity not only allows us to let out our inner painter or author. Creativity allows us to live a life of passion, purpose and joy. Let's look at some of the ways in which creativity is significant in life.

Creativity helps us be present in our lives.

When you use your creativity to do things that make you happy, you are engaged in your life. Creativity gets us more in tune and mindful in our everyday lives.

Example #1: Creative projects like cooking, painting or fly-tying are like active meditation. When you meditate your mind comes up with creative solutions. So, while you are cooking your favorite batch of double chocolate oatmeal chocolate chip cookies, your mind is creatively coming up with solutions to your car-pool dilemma.

Example #2: You knit every night while your mind wanders, calming your nervous system and decreasing anxiety. Knitting lets your body relax after a stressful day.

Creativity leads to better problem solving.

Your self-respect and confidence are increased when you learn to use your powers of creativity to solve problems.

Example #1: You want to serve an exquisite meal but don't know how to prepare all or parts of it. You need to come up with ways to solve the problem. This is where creativity steps in. You come up with ideas like finding and following a recipe, ordering the meal premade, or some other solution.

Example #2: You have an unexpected bill arise. Instead of panicking, you put on your creative thinking cap and come up with ways to raise the cash or pay the bill. This can be something like selling unused items for cash or asking your boss for extra work.

Relationships are enhanced by creativity.

When you use your creativity to do something you love, you connect with yourself more intimately. Then you are more apt to share yourself with others. You are happier and create healthier bonds with others.

Example #1: You have a disagreement with your partner. It seems you are at a stalemate. Instead of getting angry, yelling and stomping off, you work together to creatively come up with solutions that both of you can agree on.

Example #2: Your kids need to be at different places at the same time on the same day. Instead of becoming frazzled and yelling as the kids fight over who has to miss their activity, you use your creativity powers to find a solution to how to get them both to their respective activities on time.

Creativity helps us be more playful.

We find joy in more things. We give ourselves a break from adult pressures, becoming lighter and increasing our sense of humor. We find pleasure in more things and more often.

Example #1: You're at a restaurant on a date and spill food on your outfit. Instead of panicking and being embarrassed you find the humor in it, making a joke and laughing it off. This not only relaxes you, but your date as well.

Creativity helps you be more organized.

When you are creative you need to organize ideas so that others will be able to understand or follow your point of view. Being able to create a plan of action and set clear deadlines helps us in every area of our life.

Example #1: You have a business and you want to offer a certain course to your clients. Tap into your creativity to plan out how the course will be set up and the information you want to offer, etc.

Example #2: Imagine you are overseeing the local charity drive. You need to organize and plan how each contributor will be assisting. Use creative thinking to come up with a plan of action.

Creative thinking can be used in different tasks in different ways. Here are some examples of creative thinking in different tasks.

Find the Facts - examine things to understand them. Look at the text, data set, lesson plan or any other task so you can understand it. Then use creative thinking to come up with a plan to implement.

Keep an Open Mind - tapping into your creativity helps you come up with ideas or solutions that others haven't considered, or you haven't tried. This is useful when you have had a problem that you haven't been able to come up with a workable solution.

Here are some examples of how creativity can be used in your life, career or business.

- Compose a new funding script
- Create packaging for a product
- Write ad copy
- Draft a phone script for a fundraiser
- Design a logo
- Plan new lesson plans for students
- Come up with new methods to improve quality of product

- Devise a more efficient filing system
- Reorganize data retrieval methods
- Plan a strategy for next quarter
- Devise a new way to communicate with your spouse and kids to reduce conflict
- Recommend an improvement in customer service
- Design a more efficient assembly line robotic arm
- Design a new computer program that helps with efficiency
- Device a social media platform that works for cell phones
- Identify ways to increase kids volunteer work

You can tap into your creativity at work when you are dealing with unexpected problems, solving them in innovative ways or use creativity to write your marketing, sales, reports, emails and presentations.

Creativity is evident when you're open to new solutions or new methods of doing some task. This can be in your career or in your personal life. If you use creativity when you're in a leadership role, you are better able to connect to your team and motivate them to work towards the goal.

Creativity is about imagining the big picture and allowing one thought to lead to another to help you come up with creative solutions, strategizing the overall plan or developing a new product or way of doing something.

We use creativity in every area of our life and career. We often don't realize that we're using it until someone mentions it. It shows up when we're problem solving, planning, relaxing and having fun.

Ways to Think Creatively

Now that you know why creativity is important and how it helps in your life, you might be needing ideas for how you can think creatively.

Here are 10 ideas to get you started:

- Meditation and mindfulness provide many benefits for your good health and wellness. When you meditate, you quiet your mind which allows creativity to flow.
- Gratitude and visualization help you stay in touch with what you have in life. It fights against negative emotions. Visualization allows you to see the solution in a different way.
- Movement or exercise during the day opens your mind, helps you stay fit and gets your heart rate up. This increases your creative and cognitive abilities.
- Cold therapy first thing in the morning can be an antidote against depression. Depression is a top killer of creativity.
- Staying hydrated by drinking the recommended amount of water every day revitalizes you and keeps your mind sharp.
- Good nutrition by eating clean and reducing processed foods and refined sugars keep your energy levels steady, helping you focus and see the creative solutions.

- Create something with intention before accessing the social world or emails keeps you from getting anxious and depressed, which can kill creativity.
- Have some fun by doing something adventurous, silly, exciting and maybe even uncomfortable. This can spark your imagination and help you be more creative in your work and life.
- Have some quiet time either in nature or alone in your office, to seek inspiration. This allows any ideas percolate and come to the surface.
- Take up art. Either your own or enjoying what others have created. Your creativity will come out when you become curious and explore the beauty of the world around you.

When you find your creativity lacking or lagging off, use one or more of these ten methods to get you back on track.

Benefits of Creativity in the Workplace

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." - Mary Lou Cook

Workplaces or your business have become increasingly difficult with the need to cope with complex issues. Sometimes these issues can be solved with standard actions or some formula. But more often they need to be faced through innovation and creativity.

Creativity in the workplace can foster many positive benefits. They include:

- Better team bonding and teamwork.
- Increased workplace productivity.
- Increased problem solving among team members.
- Increased engagement and interaction among workers and partners.
- Staff morale, your own morale, are increased, resulting in more enjoyment on the job.

You can foster creativity by encouraging a mindset of continuous learning. Seek new information, knowledge and new ways of doing things. Attend conferences and learning events.

You can also foster creativity by:

- Being curious, observant and listening attentively to others.
- Looking for multiple options to problems. There is always more than one way to do something.
- Using lunchtime to brainstorm with others. When you engage creatively it helps you build your own creative ideas.

Being creative in the workplace has benefits that can help you be more successful and fulfilled.

Do This Next

“Creativity is the process of bringing something new into being. Creativity requires passion and commitment. It brings to our awareness what was previously hidden and points to new life. The experience is one of heightened consciousness: ecstasy.” – Rollo May, *The Courage to Create*

Whether you are a writer, a painter, or a business executive, a gas station clerk or a stay at home parent, you use creativity every day in your life. Creativity shows in how you solve problems, organize, and in how you create things.

Using your creativity helps you be a better person. You can use it to ward off depression, anxiety, boredom, and stress. It can help you improve your confidence and patience. Challenges can be met easier when you tap into your creativity.

Creativity lets you get out of your own way. When you focus on the act of doing something rather than worrying you feel lighter, happier and your thoughts are freer.

Unlocking your creativity is powerful to your success and fulfilment in life and your career. There are many ways you can tap into your creativity even if you think you aren't creative. Go for a walk, think outside the box, try something new or be curious and open-minded.

Build your creative muscles at home and at work by thinking of ways you can do things differently from what is normal or what isn't working. Tap into your creativity to create something new or different. Add a dash of grated garlic, spice it up with cayenne pepper, or throw in some chopped cauliflower to your recipe for mac and cheese, for example.

Start thinking out of the box even when your career is un-creative or it's a routine day at home. Start by using one of the many ways to tap into creativity.

- Think like a creative genius by having more experiences, be more observant, and consider more than one solution.
- Have strategies to use to dig through information overload when you need inspiration for new ideas.
- Don't be afraid to say “no” to things that take you away from being creative.
- Use a dim light to spark creativity when you feel uncreative.
- Think like a designer when they are faced with a challenge. They observe, think of people not consumers, they use their expertise in other categories on the solution, and they look at the big picture of what might change.
- Warm up the body and/or the mind before you step into dealing with the problem. Jump up and down while counting, get a massage, or spend time doodling.

Cultivate Creative Thinking

Creativity helps you be better and more fulfilled at work and in life. Tap into your creativity in your everyday life by finding alternative solutions or ways to do things. Spend time with co-workers who are creative to inspire your own creativity.

Instead of the normal everyday routine, change it up. Take a new route to the local store instead of the usual. Be daring and prepare a meal without a recipe or change up the ingredients in your favorite recipe.

When faced with a problem at work, think outside the normal way to solve it. If your product isn't working the way you wanted, change the product in some way that you wouldn't normally consider. Set up a new system of data collection.

There are more ways to be creative and to tap into your creativity to live a more fulfilled and successful life than has ever been written about. The key is to open your mind and let the creative part out.

Try it!

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