



62 ways to be more creative at work

Creative thinking techniques have many valuable uses, but you don't need to depend on these. There are plenty of things you can do to help you be more creative without ever using a creative thinking technique.

Below is a list of creative pick-me-ups: things you can do simply and easily as part of your daily routine which will help to spark your creative genius.

Just read the list below and **tick all the suggestions that intrigue you**. Then review the ticked items and **circle the ones you'd be willing to actually try**. Pick ONE of these and **tell someone why you think it would work**. Now **put it into practice**. Gradually add one or more of these suggestions to your routine over time, and be amazed at how your natural creativity becomes liberated.

- Get out of the office regularly
- Brainstorm daily with a friend
- Record your ideas on the drive into work on a dictaphone
- Ask children for the answer
- Take your team off-site for a day
- Listen more carefully to your inner muse
- Play music in your office
- Go for a daily brainstorming walk with a colleague
- Exercise during your lunch break
- Turn on the radio at random intervals and listen for a "message"
- Spend more time with people in different fields
- Reward yourself, in specific ways, for small successes
- Introduce odd catalysts into your daily routine
- Find the most creative people at a party and ask them for ideas
- Take a power nap each day
- Catch the train or bus, or cycle or walk, instead of driving to work
- Meditate
- Go on field trips with your team
- Work in cafes
- Identify your biggest limiting assumption and then let go of it
- Redesign your office/work environment
- Daydream
- Arrive earlier at the office than anyone else
- Read odd books that have nothing to do with your work
- Block off time on your calendar for creative thinking

- Take a shower in the middle of the day
- Decorate your office with inspiring quotes and images
- Stare out the window without feeling guilty
- Choose to be more creative
- Wander around a book store while thinking about a business challenge
- Trust your instincts more than you normally do
- Immerse yourself in your most exciting project
- Open a magazine randomly and free associate from a word or image
- Write your ideas down when you first wake up in the morning
- Ask yourself what the simplest solution is
- Get fast feedback from people you trust
- Ask "What's the worst thing that could happen?"
- Pilot your idea – even if it's not completely ready
- Incubate (sleep on it)
- Test boundaries – and then test them again
- Schedule time with the smartest people at work
- Create interdepartmental brainstorming sessions
- Visit your customers more frequently
- Create a personal think tank – your own advisory board
- Create more support for yourself
- Imagine you already knew the answer. What would it be?
- Establish ground rules with your team that foster creative thinking
- Ask stupid questions. Then ask some more.
- Challenge everything you do
- Look for alternative solutions. Don't accept the first "right idea"
- Write your ideas in a notebook and review them regularly
- Make connections between seemingly disconnected things
- Use similes and metaphors when describing your ideas
- Brainstorm with clients, customers, and suppliers
- Ask "How can I accomplish my goal in half the time?"
- Go on excursions – especially when you're feeling stuck on a problem
- Think of how your biggest hero might approach your biggest challenge
- Start an idea bank
- Make a prototype of your idea
- Ask five people how they would improve your idea
- Do more of what already helps you be creative off the job
- Laugh more, worry less