

CULTIVATE YOUR DREAM

Quick Tip Sheet

7- Step Quick Tips to CREATIVITY

Part of the “Your Dream” Series

Is creativity reserved for the elite? Scientists have proven that creativity is possessed by all types of thinkers and is the result of simple thought processes from either side of the brain. So how do you begin? The next 7 steps are sure to start you on your creative path!

STEP 1 See it! Define the problem you need to solve or the project you want to create. Keep reframing the idea, researching for insights from different viewpoints.

STEP 2 Go for a plunge! Dive deep into the materials you’ve gathered. Allow the reality of what **you expect to solve or create, to consume your thoughts.**

STEP 3 Think on these things! The point is to let the information steep like a tea bag in hot water. How? Take a break! Go for a walk—ponder the information!

STEP 4 Wait for it! What do we wait for? Clarity! The moment when the light suddenly comes on, the darkness disappears and your mind clearly pictures the idea you’ve been searching for.

STEP 5 Test it! Give your idea a try. Creativity requires courage! Are you open to evaluation and criticism? Honest assessment is a vital part of the creative process!

STEP 6 Get up again! As an inventor, Thomas Edison made 1,000 unsuccessful attempts to invent the incandescent light bulb. Edison’s attempts were *not* failure, but DISCOVERY! Learn to celebrate your failures and embrace discovery!

STEP 7 Remember, you are in it to win it! Now that you’ve refined your idea, it’s time to plan it, grow it, and build it. This is where the real work begins—you are now launching a journey that will require training, resource, and energy. Keep looking forward!

PS Creativity is the result of a serious commitment to a diligent work ethic! Whatever the creative challenge, find your creative process and stick with it! You CAN do it!

