

10 ways to develop creativity

Creativity is something we all use in some form, but many women believe they aren't creative. It took me 35 years to learn *and* believe that I was able to be creative! **But here's the secret... the creative mind can be developed.** And the best way to do that is through practice. The more you practice, the more you flex your creative muscle, and the more you will develop your natural ability to be creative.

And a bonus.. developing your creative muscles helps reduce stress *and* improve your problem-solving abilities – something every mom can appreciate!

Get started on your journey with these 10 steps to develop and enhance your creativity.

- 1. Be mindful and observe what others are doing around you.** The way we see our surroundings can help build our creativity. Notice and appreciate the little things around you. Look for the details. This opens your mind to new possibilities while helping you build on collection of experiences to draw from for inspiration.
- 2. Dedicate Time for Creativity:** Set aside regular dedicated time for creative pursuits. Treat it as a non-negotiable appointment with yourself. Whether it's a few minutes a day or a longer session each week, committing time to creativity nurtures consistency and fosters a deeper connection with your creative self.
- 3. Every time you make progress with using your creativity, you are building your confidence. Reward yourself for your creativity.**
- 4. When you approach a problem remember there are multiple solutions. Look for a variety of solutions instead of going with your first one.** This helps build problem solving skills and your creative thinking skills.
- 5. Start to keep a creativity journal.** Use it to keep track of your creative process and any ideas you come up with. Go back and reflect on what you have accomplished. Use it to try to find other solutions to any problems you may have solved already.

10 ways to develop creativity

6. Use a mind map or flow chart to connect ideas and look for creative answers to any questions you are facing. For the mind map, write down the central topic or word then link the related ideas around the center word. This gives you a visual for seeing ideas and how they are linked.

7. Develop your creativity by changing your environment. This can as simple as clearing your desk, painting your walls or moving your furniture. Or you can try to work, write, draw or do Bible study in a different setting such as a cafe or a park.

8. Fight your fear of failing. If you fear you will make a huge mistake or fail when you try doing something new, it can keep you paralyzed from being creative. Mistakes are always going to happen. The trick is to not give up and to learn from them.

9. Get out of your comfort zone and try new things. Do this on a regular basis to develop your creativity. Changing things and doing things outside your comfort zone boosts creativity. Start with something small if you aren't ready to rock climb a mountain cliff.

10. Take time to daydream and let your mind wander. Daydreaming leads to creative problem-solving while boosting your creative thinking. As it wanders, your mind accesses memories and emotions as well as those random bits of knowledge you've forgotten. Focus on the area you are wanting inspiration in.

Practice is key when it comes to developing your creativity. If you don't do your activities, regularly, whether they are mental or physical, your creativity fades. *There are many ways to develop your creativity. I believe you just have to find the ones that work for you!*