

Creativity

is contagious, pass it on. } Albert Einstein

Pierpont's Top Tips for Boosting Creativity

1. Break away from your routine.

Discover fresh perspectives.

2. Listen to music.

Think Mozart, according to Albert Einstein.

3. Recharge your batteries.

Get enough rest and relaxation.

4. Fuel your creativity with antioxidants.

Add veggies, fish, grains and nuts to your daily mix.

5. Carry a journal and pen.

Be ready for when ideas strike.

6. Schedule time for creativity.

Remove distractions and allow for free thinking.

7. Giggle, laugh, guffaw.

A positive mood has been shown to boost brain activity.

8. Think outside the cubicle.

Stimulate your brain by doing puzzles.

9. Brainstorm without judgment.

Refine ideas later.

10. Engage in out-of-the-box thinking.

Approach obstacles as opportunities.

11. Read and then read some more.

Never stop learning.

12. Drink a cup of coffee.

Caffeine can provide both a creative boost and antioxidants.

13. Challenge assumptions.

Don't be afraid to be curious or ask questions.

14. Promote long-term brain health.

Include Omega-3 fatty acids in your diet.

15. Get out of your comfort zone.

Make creativity part of your daily routine.

16. Nibble on dark chocolate.

Maintain mental acuity.

17. Exercise.

Loosen up your body and free your mind.

18. Seek opinions.

You never know what may spark new thoughts.

19. Encourage others to collect ideas and inspiration.

Provide a forum for regular sharing.

20. Be willing to fail.

In the end, it is part of the process.