

# 10 great ways to enhance your creative thinking skills at work

This article is for those who are looking for new ways to start creating again. Here are 10 great ways to enhance your creative thinking skills at work.

It does not matter whether you are a writer, artist, student or working person, we can all easily get into trouble in creative thinking at any time. This article is for those who are looking for new ways to start creating again. Let's take a look at 10 great ways to enhance your creative thinking skills below.

## 1. Learn to relax

By learning to relax, your brain will be refreshed. Then creativity will appear naturally. There are many ways to relax and release your mind. Some simple actions like walking in the park, walking on the beach, playing your favorite sports or doing any activity that you enjoy to relax.



## 2. Meditate

When meditating in a quiet space, all your thoughts, worries, and concerns will almost disappear. Having peace of mind, mind will be enlightened with many creative thoughts and great ideas. With many different meditation techniques, take a calm inner when the brain works better to get more creative thoughts and better ideas.

## 3. Record ideas

Every time a new idea comes to mind, you should record it immediately. This is a good habit to help your brain continue to produce great ideas. Moreover, recording ideas will help you no longer worry about forgetting the ideas that have just appeared. At that time, the mind will be more comfortable and lucid and that is the factor that helps you get better creativity.



#### **4. Expand creativity with things you care about**

Write down a list of things you care about and love in life that help expand your creative thinking process. You can share your list of favorites on your personal blog site, on Facebook or share with your friends. In addition, you can also read a list of things that your friends care about, it also helps you get that creativity.

#### **5. Stop criticizing yourself**

Stop criticizing and torment yourself. Knowing to accept and be satisfied with what you have is the best way to improve yourself. You are creative and having unlimited faith in yourself will not constrain your creativity.



## 6. Eliminate pressure from expectations

Eliminating your own expectations is also a way to eliminate stress on your work results. Put love and passion into work, no need to put too high expectations into results. Then you will have great creativity and achieve much better work results than you would expect.

## 7. Spend time reading

Reading is the best way to relax your mind. Reading helps you to expand your mind with new ways of thinking and thereby promote creativity in you.

If you don't like reading, it's okay, don't force yourself to read many books. Start reading with topics you really love. Everyday spending 30 minutes reading is a great thing. Once reading becomes a daily routine, you will find reading a very light task, at which time you will read at least 1 to 2 books each month.



## 8. Listen to classical music

Your brain will work better and be more creative when listening to classical music. For example, the scientist Albert Einstein realized that he would always have creativity when listening to Mozart music. He also realized that the Mozart music works help to concentrate on thinking, although so far has not explained why.

Today, scientific research has proven that music promotes creative thinking. The creation and expression of the brain enhances the positive impact by positive frequencies, known as *isochronic tones* and *binaural beats* .

Scientifically proven, with certain frequencies of music will have a positive impact on our brains, helping to improve thinking and from there we are more creative. When listening to Mozart music with a stereo headset, you quickly notice the increase in thought and creativity.

## 9. Do new things



If you want to create great creativity, bring new ideas, do something that you've never done before, whatever you want to do like skydiving or bungee jumping, take the time to do that. When doing new things, things that you have never done before will have a lot of new ideas and it also gives you great creativity.

Do what you really want to do but haven't done it yet. Are adventurous, thrilling games a good suggestion for you?

## 10. Practice everyday to get perfection

Want good skills, you need to practice everyday. If you like blogging then you have to write every day. If you want to be a good designer, you have to design everyday. The daily effort plus creativity will help you achieve perfection in your work and life.

Refer to some more articles:

1. 20 billboards are extremely unique and funny in the world
2. 7 simple ways to train creative thinking skills
3. 5 reasons for new experiences create happiness, not material

Having fun!

You finished reading the article "**10 great ways to enhance your creative thinking skills at work**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

---

© 2019 TipsMake.com