

7 simple ways to train creative thinking skills

Creative thinking is not a natural skill. Anyone who needs to practice every day to inspire through simple everyday exercises and the following 7 ways are some of the interesting tips you can apply.

Any company likes creative employees, ideas and acumen to problems. However, the fact that not everyone is fortunate to own this skill right from the beginning and what is more certain is to become a "master" of the idea, you must go through the training process. .

Below is the sharing of author **Jason Zook** - one of the founders of advertising company **I Wear Your Shirt** focused on using T-shirts as a means of advertising posted in **Inc.com** Magazine - in pretty simple ways. Simply help you improve creative thinking skills very effectively.



1. Read lots of content and many topics

We all like to read things related to our work and field, however, this is not a way to increase creativity. This habit only helps you gain more knowledge about the industry, increase motivation and inspiration to work. If you want to get new, innovative ideas, right now, you need to diversify your reading content, expand into new areas, including news, magazines, blogs, books, movies or other documents.

2. Write 500 words on any topic

This is an interesting exercise that I often use when I can't think of anything or I can't get a good idea. At those times, I often open a new word file and start typing. Without a title, a topic, an introduction, no editing and no judgment on the content, I simply put my fingers "dancing" in the most comfortable way and the brain will decide to act variable of "story". After feeling "enough", I have a work "nothing" but the best thing I get is creative energy.



3. Go to the cinema to watch movies

Not at home but watching movies outside the theater. Watching a favorite movie on the big screen, the sound is lively and the aroma of popcorn is always a great experience that you definitely have to agree with me about this. Not only does it help to relax after a hard day's work, watching movies also stimulates the creativity of each person, especially sci-fi films. However, a note is that you should never go and see it alone, but go with your colleagues or friends so you can discuss the details and pictures in the movie. Sure, you will have more new ideas than watching movies at home.

4. Talk to someone you don't know

Maybe by phone, chat or face-to-face meeting, as long as it's an unknown friend. When talking to strangers, you will have the opportunity to learn about a person, including their habits, interests, listening to their stories, sharing, experiences and thoughts. At this point, you will discover more, get a personality to add to your design or work and certainly after each story, you have another relationship.

5. Maintain a healthy diet

Many studies show that the way we eat affects the way we think. Therefore, if you want to have different thoughts, now start to provide adequate energy for your body with a healthy diet.



6. The brainstorm exercise follows the "no argument" rule

Invite at least one colleague or friend to join the brainstorm exercise lasting 45 to 60 minutes with you. Do not use technology, devices that support the same and do not judge. You just need to choose one location, write all the ideas out of paper and make sure you don't show any negative attitude, want to argue or refute each other's opinions. Let the flow of ideas flow and if I have 100 ideas, I bet you will get at least one great idea. In addition, the most important thing is that the more you practice this exercise, the better you feel in creative thinking.

7. Thinking "If . then ."

There is no formula for success, creativity and innovation. Everyone should develop their own ability to access the problem depending on their personality, interest and even their team.

A very interesting way for you to inspire creativity is to apply the "*If . then .*" structure , for example:

1. If changing . then model / system / part . will .
2. If improving . what do we expect to receive?
3. If I invest \$ 1 million to improve this part, what will I do first?

The "*If . then .*" structure is a very powerful tool to help you change your mind and start thinking in a different way.

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