



## Creativity – the Lost Life Skill

Have you ever wished you were more creative? Do you have seemingly great ideas that friends, politely (or not), shoot full of holes? When someone mentions “thinking outside the box” do you say to yourself, “I like this box – why would I want to get outside it – although it could use a bit of renovation from time to time?” This article may give you a start at rejuvenating your creativity.

### Putting Creativity to Work!

Creativity Explained  
Creativity Nurtured  
Creativity in Action

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There is a good chance you were more creative when you were younger. Something happens at about six years old that dampens our creativity. Some people go quickly, others fight it but by the time you reach grade 12 or so, about 80% of us just don’t seem to have it anymore. By the time you are about 50, about 98% of us could be considered creatively challenged. The good news is that you can resurrect it, just like getting fitter after years on the couch. It just takes some practice and a bit of work, but since creativity is usually fun – it won’t hurt a bit.

For those of you with “friends” like the ones above, you have a couple of options: The first option: get new friends! The ones you have just don’t have what it takes

to encourage you. Keep them around if you must, but use someone else as a sounding board. The second option is to start hanging out with people who practice being creative. You don’t necessarily need to look for the artists, musicians or actors. Creativity is only one thing: making and communicating new connections and lots of people do it. In addition to artists and song writers, you will find that some architects, scientists, clerks, engineers, accountants or lawyers all practice making new connections. Hang out with them.

And for you people who like being in the box, creativity does not only work on the outside. It can be used to push the boundaries of the box from the inside. Think of this as incremental creativity, consistently making new connections a little bit at a time.

And why should you want to be more creative? Let’s face it, the thinking that got you into a situation, problem or disaster is not going to get you out. You need something different. Working harder isn’t going to work either, working differently is the solution. This is why weird ideas often lead to some really good solutions.

So here are some tips that will help you rejuvenate your own personal creativity.

- ▶ First – Change your routine, attitudes and perspective. Look at things differently.
- ▶ Second – Ask yourself why things are done the way they are done – ask the innocent questions your children might ask.
- ▶ Third – Eliminate all of those negative phrases and statements that you make to yourself and others regarding ideas.
- ▶ Fourth – Don’t jump on the first answer. It may sound good but is often inferior to the second and third “right” answer.
- ▶ Fifth – Find the opportunities in situations. It can be difficult but adversity is usually only opportunity in disguise.

Using these tips will rejuvenate your mind and begin your transition back to being creative.