

The Self Improvement Bus



How to Adopt Creative Thinking

**How To Spin Out-of-the-Box Ideas And
Add Value To Your Organizational Skills...**

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How to Adopt Creative Thinking

Creative thinking is the ability to let your mind create thoughts that are often different and unusual. Creative thinking evolves around the idea of thinking beyond the scope of the norm. It is all about being able to think outside the box and be original in your thought process.

Creative thinking is something you can train your mind to do. Some people are actually born with creative thinking abilities, while others have to really work to let themselves be a creative thinker. However, it is possible for anyone to become a great creative thinker whether they were naturally born or they have to work at it.

You hold the key to adopting creative thinking in your life and by doing so; you could change your life, your thoughts and your world, forever.

What is Creative Thinking?

Have you ever had an amazing idea that just seems to be the ideal solution to a problem? Has anyone ever told you that you are amazing when you have shared an idea? Have you ever solved a problem that nobody else could solve? If you answered “yes” to any of these questions, then chances are you already know what creative thinking is.

Thinking, in general, is a process. It is natural. We all do it and it usually is not something we spend a lot of time perfecting. However, in some cases, the ability to be a creative thinker is important.

Creative thinking is all about being able to come up with ideas and thoughts that are not something the average person would come up with. Creative thinking can be defined as thinking outside the box, which means thinking beyond the normal scope.

A good example of creative thinking is coming up for different ideas of how to use a common product. The common product already has an identifiable use or uses. However, there are also probably other ways the product can be used. Creative thinking would help a person to define other ways to get use form the common product.

Creative thinking can involve many techniques. It takes some certain skills to be a creative thinker, too. Creative thinking is usually something people have to work to gain it because it is not usually a second nature.

When a person develops their creative thinking abilities, they will find they can come up with ideas quickly. They will likely find that they think differently then others and come up with ideas that are not at all like others. They will likely begin with the not-so-obvious answers to questions instead of jumping right in with the obvious solutions.

A creative thinker is someone great to have around because they will be able to give multiple ideas at a time. They will not give up easily and they will be a great contributor to a problem-solving situation.

What are the Benefits of Creative Thinking?

Creative thinking has numerous benefits. It is a great skill that can really boost your value in the business world. Being able to think creatively can be a huge benefit to almost any industry or business.

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Creative thinking allows a person to come up with multiple ideas rather quickly. Once a person is a skilled creative thinker, they will be able to just come up with ideas in the blink of the eye. Being able to think quickly can help in professions where time is of the essence.

Creative thinking can make a person a perfect problem solver. Being able to think creatively allows a person to come up with solutions to problems that others may never even think about. A person is able to come up with good ideas that may not be so obvious. Creative thinking is something that can be a huge benefit to almost any profession because quick thinking is a great skill.

Creative thinking can give a person a completely new outlook. They will be able to use it in their professional and personal life. They will start to implement creative thinking techniques no matter what they are doing because it will come naturally.

Creative thinking can change a person whole attitude. It will make them more confident and allow them to live up to their full potential because they will not doubt their abilities. It can be a real moral booster and allow a person to really show what they can do.

Above all, creative thinking can be a ticket to success and great accomplishment. A creative thinker is hard to hold back. They are always thinking and they are always on top of their game. It is hard to deny a creative thinker anything because they are good at what they do. They are able to bring their creative thinking to the table to help improve their life and accomplish their goals.

Creative thinking has some amazing benefits. It is hard to deny that creative thinking can do a lot for a person. It is easy to start being a creative thinker and make it change your life.

How Can I Adopt Creative Thinking?

You probably are very interested by now in how you can adopt a creative thinking mindset. It will take some work to train yourself to use creative thought, but it is actually quite a fun process. You get to be creative, silly and allow yourself to go into the world of fantasy.

Good thoughts are not necessarily the most rational thoughts. Think about it. Many of the inventions we use today were once thought to be crazy ideas. That is what makes creative thoughts so great. Nobody else is likely to think of them, but once they hear them they wish they did.

One of the things you can do to become a creative thinker is called “thought experiments”. Thought experiments were actually used by Albert Einstein. Albert Einstein is said to be one of the greatest thinkers of all times. He used these thought experiments to stimulate his mind and help himself to see beyond the obvious and get creative.

A thought experiment is basically a way to allow your mind to go places you might not normally let it go. It allows you to use all aspects of your thinking ability. It opens up doors in your mind that may never have been open before.

Thought experiments are simply rooted in your mind. They are not physical and therefore do not have to be plausible. You can do anything you want with a thought experiment. They allow you to explore the world around you.

The basics of a thought experiment involve visualization. Visualization is merely forming an imagination in your mind or following through actions in your mind through picturing them. Being able to visualize something is a large part of creative thinking.

Thought experiments involve a few other things then just visualization. The following list covers other things you will need to do to create thought experiments.

- **Develop deep thought evoking questions that you want to find the answers.** These questions can be questions that can be answered or rhetorical questions. They can even be universal questions to which the definitive answer could never be determined.
- **Think about great geniuses.** Imagine yourself sitting down and having a deep conversation with this genius. Imagine what you would ask and how they would answer.
- **Imagine traveling in time or to another dimension.** Imagine what it is like. How does it look? What are the people like? Are there even people? Create every aspect of life.
- **Think about God or whatever higher being you believe in.** Think about the questions you would ask and his answers. Try to imagine being in the presence of such power.
- **Experiment with astral projection.** Get a book and study up on the idea. Then try it. Try to float out of your conscious body and into the astral plain.

Another great thing to do to stimulate creative thinking is asking 'what if' questions. Develop a list of things you would like to know. Try to answer a 'what if' question in many different ways. See how creative you can be. Go in detail with your answers and get really deep into answering what if something happened.

There are plenty of ways to become a creative thinker and to help your brain to think creatively. Here is a list of some additional things you can do to help make yourself more creative in your thinking process:

- **Learn to use breathing to relax.** By being able to regulate your breathing and focus deeply on it, you can clear your mind and allow creative thoughts to flow more freely.

- **Practice visualizing things.** If you have problems with visualization, then start out small with visualizing simple things in your head and then moving onto things that are more complex.
- **Gather information on things you are interested.** This will help give you something to think about. You can think about how to build upon what already exists and how your creative thinking can change it or make it better.
- **Find a friend to brainstorm with.** Getting someone else in on your creative thinking means you can work together. Having someone else's perspective on things can really get the creative juices flowing.
- **Try thinking as if you are someone else.** Sometimes we get stuck in our own mindset. Creative thinking is about going beyond our comfort zone and thinking outside the box, so pretend you are someone else and think how he or she would think.
- **Challenge your brain often.** Give your brain a workout by doing puzzles and trying new things. This will expose you to different ideas and you can add that to your mind bank of ideas.

Some Creative Thinking Examples

You may not know where to begin with your thought experiments or using 'what if' techniques. The list below offers some great examples of creative thinking exercises that you can try. These exercises work to help you expand your thinking from being narrow to being able to look at a full range of ideas.

- **Imagine yourself living on the moon.** Picture what it looks like. Take yourself through a whole day. Think of every little detail, like where does water come from? How do you breathe? Are there other life forms? What do you eat? How do

you travel? What is your home like? Are you alone there or are there other people? How did you get to the moon? Who owns the moon?

- **Imagine yourself living a whole day as an animal.** Think how that animal must think. Think about interacting with other animals. How do you feel? What do you eat? Do you talk with other animals in your own language or how do you communicate? Where do you live? Do you have a family? Do you work? What activities do you do? Is there a form of government or some type of animal that is in control?
- **Write a description of the room you are in.** Give details about every little thing, from the books on the shelf to the tiny crack running along the left corner of the room. Make sure you are very detailed, so detailed that someone reading it would be able to completely visualize the room. You want to give descriptions that reach all five senses. Use colors, smells, textures along with your visual descriptions.

Your thought exercises should well beyond rational thought. The whole idea is to challenge your mind and get it to have to be creative. You want your mind to have to work to come up with answers.

You can create your own thought experiments. Be creative in coming up with them. The process of creating thought experiments is, in itself, a way to stimulate creative thinking.

Some 'what if' ideas that you can use:

What if ---

- I lived to be 200 years old?
- I was born a different race or gender?
- I lived somewhere else in the world?
- I had not gone to college or had gone to college?
- The world was flat?
- I did/did not have children?
- There was world peace?

- Einstein was never born?
- Animals could talk?

By looking at these examples you can probably now better come up with some of your own. You can feel free to use these examples, too. Just make sure your questions are challenging and something you will really have to think about.

Here are some common questions that people often ponder that you can use to get your creative mind working:

- If a tree falls in the forest, does it make a sound?
- Would an orange be called an orange if it was green?
- Why isn't a banana called a yellow or an apple called a red?

You can also challenge your brain by trying to solve old cold cases. If law interests you this may be a perfect idea for you to explore. Find a cold case and see if you can solve it. Besides just stimulating your creative thinking, you may also end up helping someone.

There are so many ways you can stimulate your mind to think creatively. Just allow yourself to think freely and try to find ways to challenge your brain.

What Skills Help in Creative Thinking?

If creative thinking does not come naturally to you then do not worry, you can still develop the skill. You do not have to be a natural. In fact, all you need is to bring the skills you have to the table and build upon them to make yourself a creative thinker.

Here are some skills you likely have already that can be used to develop creative thinking:

- **Organizational Skills** - Being organized may seem the opposite of being creative. When people think of creativity they often think unstructured thought and

unorganized behaviors, but actually creative thought can be quite organized. When you are organized, you are able to better sift through your thoughts and get to the heart of the good idea.

- **Reasoning Skills** - Being able to reason is very helpful in creative thinking. Reasoning skills come in handy when you are analyzing a situation. You are able to decide right away what will work and what will not work.
- **Objectivity** - Being able to be objective allows you to consider many possibilities and not just be stuck on the obvious. This is key to creative thinking.
- **Any skill in the arts** - This includes music, writing and artwork, like painting or sculpting. Having these artistic skills means your mind is already used to thinking outside the box. You have the ability to be creative and therefore you are predisposed to creative thinking.

While creative thinking is a skill itself, it does take other skills to be a good creative thinker. You may already have the skills described above or if you do not, then it can help to develop those skills before you start to work on creative thinking skills. This will help you to make developing creative thinking a little easier.

Creative Thinking Techniques

The way a person goes about creative thinking is a very individual process. There really are no hard-set rules, but creative thinking, as any way of thinking, usually follows a general process. Understanding the general process can help you to be a better creative thinker and make it easier for you to be a creative thinker.

The creative thinking process involves four steps.

Step 1: Analysis

You begin by looking over the situation. You should take in everything you can about the situation. Get details and ask questions. You must really get to know the situation at this point.

Analysis involves finding out the who, what, where, when and how of the situation. Once analysis is complete, you should be able to completely explain the situation including any obvious problems or issues.

Step 2: Brainstorming

This is the true area of creative thinking. Once you know about the situation, you can begin to start thinking. You can brainstorm in any manner that works for you. You may just shout out ideas or may write them down. Whatever works for you is best to do.

Brainstorming can take on many forms. You can write things down, talk things out or even conduct experiments. Brainstorming should be free flowing and recorded so no good ideas are lost.

Step 3: Break It Down

Now that you have a nice collection of ideas, you can start going through them and weeding out ones that will not work. You may find that if you change an idea just a little that it will work much better. This step is all about tweaking your ideas.

You will go over all of your ideas and weed out those that are not going to work. You should end up with the ideas that seem to be the best solutions.

Step 4: Review

The final step involves getting your final idea. This will help you to come up with one or two ideas that seem to stand out and be the best ideas.

You will go over the ideas you have left and narrow them down even more to one or two plausible ideas. You should then be able to go into detail of how each idea will work and how it will be implemented.

Being a creative thinker involves being able to think without a lot of structure, but these four steps are the basics of any thinking process. They may help you to be a better creative thinker.

How to Become a Creative Thinker

So you want to be a creative thinker? You have decided that you love the idea of being able to come up with amazing ideas at the drop of a hat. Well, then it is time to learn how to become a creative thinker.

Becoming a creative thinker is about training your mind and making a conscious effort to be more creative. Start out by letting yourself be more creative in general.

As mentioned before, skills in music and the arts can go a long way towards helping you to become a creative thinker. You may consider taking up an artistic hobby to help get your creative juices flowing.

The reason that these skills help so much with creative thinking is because they open up the creative areas of the brain. They allow a person to let go of their rational thoughts and free the brain up for more creativity. The more you can allow your brain to be creative, the more likely you will be able to draw upon that creativity at will.

You can also just sit around and brainstorm ideas. See what you can come up with. Get out a pen and paper. Just write down whatever comes to mind. Do not censor yourself. Let your thoughts flow freely. You will likely be amazed at what you end up writing when you go back and read it.

Try the thought experiments and 'what if' ideas given earlier. Do at least one of these daily to keep your mind sharp and your creative juices flowing. Take them seriously and be committed to doing them.

You have to put forth some effort to try and get your brain into the habit of creative thinking. It involves commitment. It involves daily work. You cannot slack at all if you truly want to develop a brain that can think creatively.

Adopting creative thinking is something anyone can do. You just have to be able to let your mind wander and stop being so in control of your ideas. Creative thinking is free flowing.

You have to practice often. Let your mind just go beyond the obvious and see what you can come up with. Try some things like free writing where you let your thoughts be control. Play games that get you thinking and that will get your brain working. Challenge yourself. Try something new.

You know what is creative, so just let yourself get into creative activities. Anything that will allow you to go beyond your normal boundaries is going to stimulate creative thinking. You have to be willing to go outside your comfort zone and start to experience things you have never experienced before.

Becoming a creative thinker is a matter of just putting your mind to it. Once you decide to be a creative thinker, nothing is holding you back but yourself.

A Lesson in Creative Thinking

Creative thinking can be a very beneficial skill in business. Take the following story about Ryan and Scott as a good example of how creative thinking can get you ahead at your job.

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While reading this story try to consider yourself in this situation. Think about who you are more like and who you want to be more like.

Ryan always thought he had it in good at work. He worked for a great company where he was always praised for his hard work. Ryan held a business degree from a notable school and thought he had learned everything he needed to already.

One day there was a new employee who joined the team at work. He worked in the same department as Ryan and he held the same position in the company as Ryan. This new guy, Scott, was rumored to be some sort of genius.

Ryan wondered what was so great about Scott. He had talked with him and learned he had graduated with a business degree from some state college and that this was his first position after graduation. Ryan did not see anything special.

At the weekly meeting, the boss told the employees that there was a client who would be coming in later in the week to hold a meeting and decide if this was the company they would like to do business with. He needed a presentation prepared to present to the client by Friday. He asked that everyone brainstorm some ideas and later that afternoon they would meet again to go over them and choose the best idea.

At the afternoon meeting, there were plenty of mediocre ideas tossed around. When Ryan's turn came, he felt pretty good. He proposed a nice idea that was a little different from the other that had been presented. His boss commented that so far it was the best he heard.

Then it came Scott's turn to present his idea. Scott blew everyone away with his amazing idea. He had a creative approach to the presentation that would really make it something different. He had almost come up with the complete plan. There would be little work to do to make it ready for Friday's client meeting. The boss was so proud he decided to let Scott make the presentation himself.

Ryan could not understand how Scott came up with such an idea in the short amount of time they had. After the meeting, he talked with Scott. Scott explained that he used

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creative thinking to help him. He told Ryan all about how creative thinking works and how it had helped him land this job in the first place.

Ryan was amazed and he decided to give creative thinking a try himself. He started reading about creative thinking techniques. He even spent some time everyday asking himself 'what if' questions and trying out thought experiments.

Soon Ryan and Scott became the two top employees in the office. They were using their creative thinking to climb the corporate ladder. They ended up working so great together that eventually they started their own company and within a year, it had a net worth of over a million dollars.

Creative thinking had transformed Scott's whole life. He was living the American dream. He would probably never have gotten there without the help of a little creative thinking.

Ryan's story is probably much like yours. Until you actually learned about creative thinking, you probably never gave the idea a second thought. You may not have even realized what a major skill it is.

It is amazing to think that creative thinking can help someone land a good job and get recognized for their work on their very first day, but it can happen. Think about Scott when you are at work. Is there someone in your office who seems to be like him? Are you like him or are you more like Ryan? Skills are what will help you advance at work, not your degree.

Book smarts can only take you so far. You have to really get your brain working in order to make a big impact on your boss. Creative thinking is the way to do that.

Put creative thinking to work for you. You could end up being the star of the office, just like Scott.

Summing It Up

Creative thinking can help you to do many things. It can help you get ahead at work, learn new things and explore the world in ways you had never done before. Creative thinking can offer you so much. You can get so many benefits from creative thinking it would be a shame if you did not grasp the concept now that you have read what you have read and know what you know.

You had probably heard about creative thinking before reading this. Chances are, though, that you probably did not see how it could be relative to you and your life. Now, though, you should see that it is very relevant and very useful in your life.

Adopting creative thinking is something that you may have to work at. You may need to try some techniques and practice in order to become a creative thinker. Your brain may not be predisposed to creative thinking, but that is okay. You can become a creative thinker.

All you have to do is learn to look beyond what is obvious. You have to think outside the box. Do not jump on the band wagon. Try to find a different approach to problems. Try to think about things that may not even seem plausible. Take yourself to the limits with your ideas.

Do not be afraid to allow your brain to wander. Let your thoughts take over and make your logical brain take a back seat. Doing this can be described as just letting yourself daydream. Do not try to control your thoughts; let them flow.

Do not be worried about what others may think of your creative ideas. Stand behind them and be proud of them. If others are too objective of your ideas chances are they are just jealous they did not think of them first!

Use the advice and tips here to help you start to think creatively. Allow yourself to try out some of the thought experiments. Ask yourself a 'what if' question everyday. Keep up the work so you can really train your brain and make creative thinking second nature.

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You hold the key to adopting creative thinking. It is all up to you. You have to expand your mind and you have to teach yourself to think freely. You have to make the commitment. You have to let go of the control that is holding you back from thinking creatively.

Creative thinking is something that can benefit you in many ways. You can change many things in your life by using creative thinking. You can advance at work and even learn to apply creative thinking in your everyday life.

You will find that creative thinking allows you to look at the world differently and to be able to grasp concepts that may have eluded you before. It is really beneficial to you. It will allow you to see everything around you in a different light. You may notice things that you overlooked before.

Sometimes we live life too fast, especially in this day and age. Being able to take the time to stop and notice all the little gems in life will be a good thing no matter what. Creative thinking can do that for you because you are slowing down your mind and pushing everything out but your ideas.

Do not be afraid of adopting creative thinking. Stand up for creative thinking and pass it on to people around you. Teach others how to be creative thinkers. It can really be catching. Do not be selfish and just let yourself keep creative thinking your secret. Tell others about it. Use Scott as an example. Let others benefit from what you know about creative thinking.

You can be a creative thinker. Just start letting your thoughts rule you instead of ruling your thoughts. Adopt creative thinking and you will begin to experience everything in a different way. You will see life in a different way and that alone can be extremely exciting and rewarding.

You are on your own now and only you can make the decision to adopt creative thinking in your life. Only you can be held responsible if you ignore all that you have learned.

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However, this is one last chance for you to read over what is written here and really take it to heart.

Creative thinking is a gift, a skill. Creative thinking is something you can live without, but why would you want to. Give it a try, at least and see how far it can take you. You will never know unless you try. So, put creative thinking to work in your life starting today. Have a little fun training your mind to think creatively. Do not just walk away and never give creative thinking a thought.