

sparkingcreativity



- play**
Play at work: desktop executive toys, a board game in the breakroom or even a pogo stick in the hallway. Really play! Kickball, a neighborhood pick-up game, or the playground with your SO or kids.
- borrow ideas**
Apply it to you and your project. Challenge it. Think about applications. Approach it backwards.
- knit**
For real. Let your mind wander. Knit all the ideas together. Mind map, anyone?
- go green**
Green's low wavelength pigment boosts creativity, inspires innovation and reduces eye strain, promoting harmony and balance.
- sleep on it**
Incubate. Let it simmer.
- constrain**
Restrictions can help you look for new pathways.
- get outside**
Nature provides. One study found backpackers were 50% more creative after being out on the trail.
- compete**
Give someone else the same assignment and compete with them for the best idea. Then collaborate together to make the winning one even better.
- dream & daydream**
Let your mind wander. Stare out the window. You have permission!

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Sources: University of Munich study. <http://journals.sagepub.com/doi/abs/10.1177/0146167212436611> <https://www.outsideonline.com/2062221/new-science-creative-brain-nature> <https://hbswk.hbs.edu/item/does-competition-make-us-more-creative> Vectors by www.Vecteezy.com