

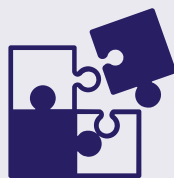
Squiggly Careers PodSheets



How to stimulate your creativity

Creativity is practical problem-solving

You can spark a creative mindset by identifying a problem and then exploring it further.



We are natural-born problem-solvers and we all have the ability to improve the world around us.

How can you encourage more creative thinking in your work?

Barriers to your creativity

- ≈ Labelling ourselves in unhelpful ways can limit our creative capacity. *eg. I am not creative because I can't draw.*
- ≈ Rigidity and rules can limit creative freedom. Thinking about how you can *Learn / Unlearn / Relearn* creativity skills can help you unlock new thinking.

“

Everyone is creative and everyone can use design to change the world around them.

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Sarah Stein Greenberg


5 ideas for action to help unlock your creativity


- 1 Identify your creative mode:** Are you better at generating ideas or at selecting / narrowing a list of ideas?
- 2 Play solutions tic tac toe:** Don't be tied down to your very first idea. Defer judgement and try to add to and stretch your ideas further.
- 3 Be playful:** Informal, high-trust environments are important for creativity at work. Games like rock, paper, scissors can be a quick way to create a fun context for creativity.
- 4 Practice the test of silence:** Share your work without explaining your idea or trying to influence people's first reactions. It will feel hard, but you'll get a truer view of impact.
- 5 Question your critic:** If you hear yourself saying "I can't share this because people will think it's a bad idea/ silly suggestion" try practicing curiosity instead. Think about where your inner critic is coming from, what its purpose is, and how it might be holding you back.

Coach Yourself Questions

- ? What conditions help you to feel creative?
- ? What stops you from feeling free to share ideas?

Recommended resources

 [Creative Acts for Curious People: How to Think, Create, and Lead in Unconventional Ways](#) by Sarah Stein Greenberg

 [Your elusive creative genius](#)
Ted talk by author Elizabeth Gilbert how to live more creatively.

 [Unlocking creativity at work](#)
Squiggly Careers episode #51

Amazing if