

6 tips to boost your creative thinking

1 CHOOSE MINDSET

At each point of change, and every time you are standing in front of a challenge – choose a positive mind track. Believe that the challenge or change really can fall into place. That's the best option. Start your thinking there.

2 GIVE YOUR BRAIN TIME TO REST

In this world with too many stimuli and information noise – make sure to create short moments of rest and easy self-made-mindfulness (2-3 times every day.) Breathe. Get your body in motion. Log out! Take a lap around the office, or find out what suits you the best. Your mind and thoughts are getting distracted by too many unanswered messages. Enjoy yourself as your only company for a while.

3 CHANGE YOUR FOCUS

Open up locked mind patterns and fixed routines by changing scenery, room, or mental context for a while. Music, walks, or maybe just a change of your working environment will help your brain to recalibrate.

4 MAKE A TRIP TO YOUR FUTURE

Use your amazing universe of thoughts, to create a picture of your future life, maybe 3 years from now. Enjoy the way it feels when you have reached your goals, and try to imagine and analyze what you did to reach that point. Dare to play with the thought that everything possible, is truly possible.

5 STIMULI CATCH

The brain loves challenges and new experiences, in moderation. Choose your own zones of new stimulus. Read, discuss and let art and culture take place in both brain and heart. A wide variety of stimulation will enrich your mind. All thoughts are created by what's already in your universe of neurons and experiences. New ideas are collisions of thoughts.

6 LOVE AND CURIOSITY

Embrace a curious and loving attitude to whatever happens in your life and your surroundings. Use the positive mindset "love the things you don't know – yet". It will help your brain to explore possibilities & create new thoughts and ideas.