

"7 Ways To Unblock Your Creativity"

By Joann Javons

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You have all the creativity you need to accomplish what you want! But sometimes it seems difficult to release it. Maybe you've wracked your brain but no new ideas, no new approach is coming. How do you unblock the creativity within you? Here are 7 ideas to get you going:

1. Stop Thinking So Hard

Creativity is not a left-brain analytical process. It defies logic, it defies rationality. It does not respond to pushing yourself. Creativity flows, it can't be called up on a moment's notice. You can analyze the project forever but at some point, let go of all that left brain thinking, even for a brief period of time.

2. Move To A Different Spot

Move away from your desk to a relaxing spot. I like to sit in a comfy chair, with the sunlight streaming in, and just take time to reflect for a bit. When I want to write, these questions always help me:

"What is inspiring to me?"

"What inspiration do I want to write about?"

And while you're doing this, deep breathe, gently and easily. See Chapter 10, "Breathe 7" in my free ebook "20 Little Ways to Stop and Smell the Roses"

http://www.peoplepoems.com/new_ebook/20LittleWays.pdf

3. Write Stream of Consciousness

Write 'stream of consciousness' without any analysis or judgment. This means writing whatever

comes to mind, with no judgment, no editing, no censorship, no analysis. Just let every thought pour out on a piece of paper. For more on this technique, see chapter 7, "Write Stream of Consciousness" in

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4. Do a mind map.

This is a fun, creative technique that unleashes new ideas, connections, interrelationships. Doing a mind map is play and yet, you create a useful visual image that uses both right brain and left brain thinking. For a good article on how to do it, see <http://www.bio.com/hr/search/f-mindmapping.html>

5. Meditate

Meditate and deep breathe to release tension, let go of the old and let in the new. Take time out to be on another plane, out of your analytical mind. Right-brain processes emerge more easily when you're not analyzing.

Deep breathing helps both the mind and body. For more techniques, see chapter 10, "Breathe 7" in my free ebook "20 Little Ways to Stop and Smell the Roses"

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6. Jump in and see where it goes

You can't always conceptualize the end of a project. Sometimes you just need to jump in, play with it. Let it evolve, work with it and see where it goes.

When I used to throw pottery on a kick wheel, I loved the experience of seeing where it would go. Yes, I had an idea on whether I was making a pot, a plate, a vase or some other object but I never knew exactly what it would look like until I was finished. The clay forces you to mold it, moment by moment.

7. Disconnect

Remove yourself from the project for a while. Play with your kids' toys, take a meditation walk, work in another mode. Do something that will refresh and rejuvenate you. Your mind and spirit are asking for this. For more ways to disconnect, see Chapter 5, "Take 5 Vacations A Day" in "20 Little Ways to Stop and Smell the Roses"

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