

8 WAYS TO IMPROVE CREATIVITY

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- 1 TALK TO YOURSELF BETTER**
Ask yourself questions
- 2 DON'T DWELL ON WHAT ISN'T WORKING**
Focus on solutions not problems
- 3 DO SOME PHYSICAL ACTIVITY**
Exercise and fresh air help the creative juices
- 4 BELIEVE AND BACK YOURSELF**
You are probably more creative than you think
- 5 CO-OPERATION FUELS CREATIVITY**
Being part of a team can help your creativity flourish
- 6 LISTEN TO MUSIC THAT MAKES YOU FEEL GOOD**
Play songs that make you smile
- 7 FIND YOUR HAPPY PLACE**
Create a creative environment
- 8 KEEP A DREAM DIARY**
Imagination and new ways of thinking can be explored