5 Steps For a More Creative Mind

Have you ever been stuck on a creative problem, but didn't know where to start? Or maybe you just wanted to brainstorm ideas that were a little more unique than the usual brainstorming sessions?

If you're like me, you've often struggled to come up with ideas that really challenge your mind. That's why I came up with this simple step-by-step process that has helped me brainstorm ideas that have led to awesome results.

Many people think that creativity is born out of inspiration or the gods, but the truth is, creativity is a skill that can be learned.

The following step-by-step process is the blueprint for how I have always approached creative problem solving. It will give you an edge on the competition and allow you to create amazing things that have never been done before.

The 5 Stages of the Creative Process

In 1940, a business executive named James Webb Young published a short book titled, A Technique for Producing Ideas.

He makes a simple but very well thought-out strategy for generating creative ideas, set out over 5 steps.

Young explains that innovation comes from combining new concepts, and that new ideas occur when we combine old concepts.

In other words, creativity isn't about coming up with something entirely new, but rather about taking what is already present and combining it in a different way to create something completely new.

Most important, the ability to generate new ideas hinges upon your ability to recognize patterns, relationships, and trends.

Creating a new link between two old ideas is an important step toward creating something truly innovative.

Step 1: Gather new material

You begin to learn. First, you focus on learning specific material directly related to your task. During this phase you also become fascinated with a broad range of concepts.

You realize that there is much more to learning than memorization. You shift from focusing on the surface details to developing deeper understanding of the concepts.

This process is called self-organizing and it is based on the principle of “building on what you already know”. It enables you to build your knowledge of a topic by building on your existing knowledge and experience.

Step 2: Thoroughly work over the materials in your mind

This stage involves examining what you've learned by looking at the facts from different angles and exploring various ideas.

You're going to be putting together ideas from different areas of expertise and seeing which ones work best and which ones are most effective.

This is the place where you can see your creative potential coming into play.

You're going to be exploring how you can use the information that's been given to you and your knowledge to create something original.

Step 3: Step away from the problem

Next, you take all of the problems out of your mind and go do something that inspires you and excites you.

When you return to the problem, you will find that you have a new perspective. You will be able to see it from many different angles, which is what makes solving problems so much easier.

Step 4: Let your idea return to you

As your ideas are generated, they will come back to you in flashes of insight and renewed energy. Don't spend too much time thinking about them though.

They will just come back to you once your subconcious mind has analyzed them and come up with solutions and new creative ideas.

Step 5: Shape and develop your idea based on feedback

For any idea to succeed, you must first put it out into the world and let it get the attention it deserves. Allow it to be criticized. Let feedback develop and shape your idea.

The best ideas come from the market. If you don't get feedback, you'll never know if what you're doing is working. This will ensure that your idea is something unique that people can't help but fall in love with.

You can't afford to be shy about putting your idea out there. Be bold, be confident, be yourself.

You may have a great idea but if it is not in line with market demand, then no one will use it. You have to validate your idea so you know if it is viable or not.

Make New Connections Between Old Ideas

If you want to be able to be more creative, you've got to be able to break the mold. You have to be able to make new connections between old ideas that other people won't think of.

Now, creativity takes practice to get good at it. In the beginning, you're going to feel completely stuck because your mind is not used to making such connections, but eventually, you'll get better and better at it.

One of the things you're going to have to do is to stop being afraid to make connections that other people won't think of. Instead, you should look at it as an opportunity to learn and grow.

Creativity is the act of making new connections. It's connecting two different ideas together that nobody would expect to see.

Anyone Can Become Creative with a Little Practice

The truth is, there's no such thing as a "creative person." Everyone has an inner creative force that needs to be tapped into. And the more you do it, the more you'll find yourself coming up with ideas.

You don't need a "gifted" mind to be creative. In fact, I've been told that creative people tend to be average at everything else. All you really need is creativity and practice.

Being creative is about being open to new ideas. When you learn to be receptive to new thoughts and ideas, you open yourself up to new possibilities.

You can learn to be more creative by being willing to take risks and make mistakes, and by learning from your mistakes. It is important to keep your mind open.

The best way to be creative is to let go of what you think you know and embrace new ideas and possibilities.

Anyone can become creative with a little practice. Practice doesn't have to be a waste of time. In fact, when practiced properly, it can lead to more productive times in your day. You can turn even the simplest activities into opportunities to be creative.

It just requires that you practice, and have fun while doing it.

Start practicing creativity now and see the benefits soon.