



Twelve Steps to Think Creatively

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ABSTRACT

Creativity is a phenomenon whereby something new and valuable is created (such as an idea, a joke, an artistic or literary work, a painting or musical composition, a solution, an invention etc.). The ideas and concepts so conceived can then manifest themselves in any number of ways, but most often, they become something we can see, hear, smell, touch, or taste. The range of scholarly interest in creativity includes a multitude of definitions and approaches involving several disciplines; psychology, cognitive science, education, philosophy (particularly philosophy of science), technology, theology, sociology, linguistics, business studies, song writing and economics, taking in the relationship between creativity and general intelligence, mental and neurological processes associated with creativity, the relationships between personality type and creative ability and between creativity and mental health, the potential for fostering creativity through education and training, especially as augmented by technology, and the application of creative resources to improve the effectiveness of learning and teaching processes. There are twelve steps to create creativity.

To think creatively we have to follow the following:

- 1. live creative life style**
- 2. Involve creativity in your everyday life**
- 3. Learn to think randomly.**

Whenever you get an assignment or someone tells you something keep a pen and pad and write down exactly the first thing that comes to your mind. You will probably find some pretty interesting things. Foster those ideas. Don't just write them off as silly, stupid, irrational. Really think "Could I actually do this?" if the answer is yes and it won't bring you any sort of harm go for it. You never know what can come out of a simple crazy idea.

4. Add your personal touch

Everything you have, do, or say should be uniquely you. If you sign your name add something signature like a heart over the eyes, a smiley face for the cross in the T, do anything. Your clothes play a big part in creativity! If you're going to a meeting you obviously don't want to go crazy and dye your hair pink and then wear electric teal flip flops but maybe add something like an interesting tie, a cool pair of shoes, a patterned set of tights, some extremely funky heels. Find something that makes it cool.

5. Choose to make things

Things not bought in stores are very creative and noticeable. People stop and think "Where did she get that?", or "Wow that looks cool! I've never seen that before!" People will react if you make your own bracelets out of recyclable material, people think it's awesome if you made your own shirt and then monogrammed it. Be funky.

6. Take opportunities to be creative.

It'll sharpen your skills so you're creative when you're not even trying to be. If you're given a PowerPoint project make your graph look cool and add some funky symbols!

7. Expose yourself to creative forms!

Cultivate an appreciation for art, listen to music, read! All of those things involve some measure of creativity to make them but especially expose yourself to the most creative forms in those fields. Look at surrealism in art, listen to non-mainstream bands, read fantasy books. All of the above will fuel your mind with mystical ideas and force it to begin to think of things in other ways.

8. Learn how to apply it

9. Write your thoughts on a pad

When you look at it at the end of the day you will be surprised at just how much you have thought. And use these ideas! Don't hush them just because they seem stupid! The man who said "I think it would be cool if people rode around in big metal tins fueled by oil that were on wheels." probably sounded crazy to his friends but now just about every American owns a car! If you find something cool in your ideas work on it, really do it start to finish!

10. Hang around people that have big ideas

You will get a lot of exposure and ideas will float around well so that in the end you will have shaped and molded the raw idea until it is a masterpiece ready for showing to the world.

11. Don't listen to too much criticism

Critique is good but only in modest proportions. Don't let jealous or rude people shoot down your hopes if you truly believe you can do something you can. Listen to criticism but don't let it affect you too much and don't let it ruin your self esteem.

12. Know about colours and their effect. Certain colours inspire certain emotions; learn to use them! For example

- Black – authority, discipline, strength and promoting independence.
- Blue – cool, refreshing, relaxing, and promotes feelings of tranquility and peace.
- Green – balance, refreshing, normalizing, and promotes emotional growth.
- Orange – cheerful, commanding, and stimulates goodwill, conversation and appetites.
- Pink – calming, accepting, and encourages affection and socialization.
- Purple – comforting, spiritual, and generates mystery and a good sense of intuition.
- Red – empowerment, stimulation, drama, competition and passion.
- White – purification, energy, unity, and gives vigor to other colors it is used in combination with.
- Yellow – cheerful, expanding, and increases energy.

Conclusion

It is a small kind of research based on how to think creatively stepwise but it is limited work shows only twelve steps. Interested person can visit the touch of creativity deeply by adopting creative mind.

References

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