



## 10 Ways to Foster Creativity



Innovation and creativity can help you become more productive, according to an Opinion article in the *Journal of the American College of Radiology*. If you think you're not the creative type, the article includes 10 simple strategies intended to promote creativity.

"It's not that some people are naturally creative and others are not," writes Puneet Bhargava, MD, of the Department of Radiology, University of Washington School of Medicine. "However, approaching one's life with a positive mindset can help foster creativity."

Here are the 10 simple strategies to becoming creative outlined in the article:

**Get organised.** Establish a personalised simple and effective system for productivity — it makes you realise the opportunities at your disposal. The energy, positivity, and self-belief propagated allow increased acceptance of unique and innovative ideas while improving work-life balance.

**Meet expectations early.** There are always expectations for your work and it helps to understand the specifics of these expectations and timelines so as to pace oneself. Meeting these expectations early helps open up more time for creative thinking, learning, and experimenting.

**Use your spare time to improve yourself.** Invest in learning outside of your line of work; for example learn about personal finance or how to improve your skill in public speaking. Also, exercise and other forms of physical activity can help you stay fit and healthy. These will have huge benefits in furthering your career and improving creativity.

**Share what you have with others.** "All of us are talented enough to have something to share with others," says Dr. Bhargava. Your willingness to share will make your colleagues invested in your innovative ideas, leading to increased collaboration and productivity.

**Create "win-win" situations.** Encourage your team members to contribute to your projects, giving them the chance to use their unique talents and abilities to foster their own creativity. Schedule creative brainstorming sessions, encourage innovative new ideas, and establish a reward system to promote creativity.

**Have an open mind to problem solving.** The fear of committing mistakes can stifle creativity. Having an open mind, whereby one takes a broad, abstract view of a problem, allows the mind to consider innovative solutions and fosters creativity.

**Get curious, take risks, but act now.** Often the system encourages the status quo, and it takes courage to be creative and pursue new (riskier) ideas. Trust your instincts. The key is to act immediately and avoid procrastinating.

**Look for positives in every loss.** For example, if you are ignored for a promotion you feel you deserved, look for positives: introspect, ask for feedback, and work on your weaknesses. Put your mind in control, and work towards achieving your life's ambitions with renewed energy.

**Stop comparing and set the example.** Each of us is unique in his or her own ways, so stop comparing yourself with other people. Set an example with your personal achievements, work ethic, and professionalism.

**Have appreciative conversations and express gratitude.** Appreciative conversations generate enthusiasm and energy. Expressing gratitude can positively influence behaviour and strengthen relationships.

Source: [American College of Radiology](#)

Image credit: University of Washington School of Medicine

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