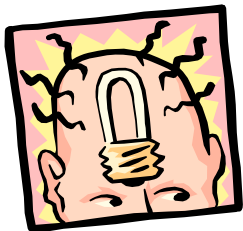


Recently, I was speaking to an advisor of mine who told me she perceived that I was a creative person. I grew up avoiding reading and writing because I was criticized and punished frequently by my parents and teachers. Of course, I avoided working on those skills because I thought I was weak in them. I convinced myself that I didn't like to read, because I read slowly and couldn't write because I couldn't spell. This issue really affected my self confidence all through formal schooling and as an adult. As an adult, I was diagnosed with dyslexia. Finally, there was a reason I had difficulties – I hadn't been making excuses after all.

As our conversation advanced, she asked me the “bucket list” question. You know the one, “If you only had 1 week to live what would you do?” I responded by rattling off my initial reaction responses. In the middle of the list was the topic of writing. She asked, why since you had so much trouble most of your life? I commented that I was beginning to enjoy writing because I am having fun and able to be creative while writing my current writing more than ever before.

In this article, we'll explore 13 of the best ways to stimulate creativity. Whether it's tackling the writer's block, fear of the blank computer screen (and a deadline approaching), developing new products or programs in your business, or jump starting your brain with new ideas. Your creativity, or lack thereof, may be the key ingredient to what is driving your level of success or holding you back.



13 Best Ways to Stimulate CREATIVITY or Unlocking “Brain Freeze”

1. Associate with Many Diverse Individuals

Getting to know people of different races, religions, cultures, and countries is fun and educational. The more you learn from other people the more you will be open to new ideas and concepts. Don't be judgmental – just be open to the difference and celebrate it. Having a diverse center of influence will surely enrich your life and broaden your perspectives.

2. Spend Time with Children

This is one of my favorite things to do. If you watch young children play and play with them, you'll find that their innocence and lack of fear in life spurs creativity. Adults hold themselves back because of “rules” and fear. Shed rules and fear, play with children like a child. You'll have some fun!

3. Eat and Drink Different Foods and Beverages

Have you ever noticed that you can get bored real fast eating the same foods day after day? Try new foods, recipes, be creative if you cook, try foods from around the world. It's all fun. Food, smells, and tastes all stimulate the mind and can invite creativity to creep in.

4. Try a New Hobby or Start a Project

Just what entrepreneurs need is a new project, right? Starting a project or researching a new hobby is exciting. Researching and visualizing a new project can jump start your creative mental juices. Give your mind something different to work on consciously so the subconscious can work on solving business issues. Take up photography, paint a picture, or build a pirate ship in your front yard (like I did last Halloween). Whatever it is – do something different.

5. Fly a Kite

You will be amazed at how relaxing and calming flying a kite can be. If you haven't flown a kite since you were a kid, try it again. Focus on the wind and the sky and the beauty of nature. This is sure to be a fun activity.



6. Exercise

Yep, exercise – you knew it was coming. This is my worst disciple right now. When you exercise you stimulate endorphins which give you a sense of happiness and well being. When you take care of your body by exercising you will have more energy all day. While exercising, your mind will work on solving problems with less effort and stress.

7. Relax and Review Mementoes That Make You Smile Inside

Everyone keeps memories in the form of pictures, videos, scrapbooks etc. When your energy level is low and you feel stuck, maybe even a little down, it always helps pop you out of the mood if you surround yourself with mementos of those times and things that made you happy and smile. You know the feeling. Wasn't that a good time? Feeling happy and relaxing can regenerate the creativity you have inside.

8. Meditate

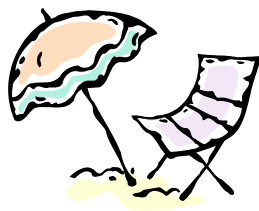
Many people meditate daily. Meditation is relaxing and refreshing. Creativity is best raised to the surface through simple methods of meditation.

9. Go to a Cultural Celebration

Attending an occasional arts festival, cultural celebration, a chili cook-off, whatever it is. The change in sight and textures out of the normal keeps the mind active and stimulates creativity.

10. Visit a Museum

Think of all of the sights, textures, sound and history available to your senses at a museum. Appreciating where the human race came from, the strides of invention and culture will help break staleness in your thoughts and take creativity up a notch.



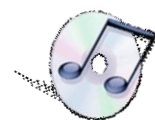
11. Walk in the Woods, Go to the Beach, Go to the Mountains

Another one of my favorite creativity boosts. For me, nothing is more spiritually moving and inspiring than walking in nature, going to the beach and listening to the sound of the waves, or as I did as a child, walking in the mountains. I'd find a special rock by a creek I called my escape rock and listen to the sound of the deer in the woods and my dog, Blue, as she looked for small creeping critters. Sometimes I even take a notebook and begin to write down what I was thinking.

I always returned home refreshed and relaxed.

12. Listen to Music

Music is a wonderful creative spur. It doesn't matter if it's Classical, Jazz, Blue grass, pop, country, rap or hip hop. Music will set a mood. Your body will respond to music in an energetic way or a relaxing way. Music can be soothing and therapeutic. Your mind changes focus and creativity can flow.



13. Encourage Creativity in Others

When you help someone else, doesn't it seem like it's easier to be creative just because it's someone else? The "someone" else can be *you*... but because it's not "personal" it seems easier to be creative with someone else or their business. Relate it to a master mind concept. A group of likeminded folks all focused on helping you. Ideas flow with creativity that blows your mind. Creativity breeds creativity.

As you may have noticed, the 13 Ways to stimulate creativity could also be the 13 ways to relax and have fun. As an entrepreneur, you tend to be focused but continually moving from project to project, finishing some, ignoring many. You get so overwhelmed by opportunity and the "shiny object syndrome that you exhaust your energy. If your mind and body are depleted of energy, so is your creativity depleted and stagnated.

Creativity is essential to the nature of an entrepreneur's success. It needs to be nurtured. The 13 Best Ways To Stimulate Creativity are suggestions you can use as they are or add your own.

If you would like to comment on this article or add some of your own brain freeze remedies, Blog about it at www.Info-MarketingBizTips.com

Diane Conklin and Gail Saseen are entrepreneurs, marketing coaches, consultants, event planners and speakers, who specialize in helping small business owners develop smart marketing plans and strategies for their businesses. They have earned their reputations, as implementers and executors, by showing small business owners, entrepreneurs, coaches and consultants how to integrate their marketing strategies, media, and methods, to get maximum results from their marketing dollars. They provide solutions to business challenges, affordable marketing strategies, direct response marketing, product development, list generation and management practices.

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