© GBS Population Health

Mini Challenge

Cultivate Creativity

Creativity is a skill that boosts job and life satisfaction. It promotes innovation, resilience, and productivity. Creativity can manifest in different forms or mediums. For example, some express creativity through art, while others express creativity through developing efficient or innovative systems. Ask yourself the following questions to determine where you'd like to focus your creativity.

- What is your unique form of self-expression or creativity?
- What does creativity mean to you?
- How does creativity show up in your work and life?
- If you were striving to become more creative, what actions would you take?
- Who is the most creative person you know? What about them makes them creative?
- What benefits would you like to experience from cultivating more creativity in your life?
- How might greater creative self-expression enhance your life and career?

Once you've answered the above questions try at least 5 of the following activities to cultivate creativity in your life.

Practice

Creativity is built through practice. Try new things and find what you like or dislike doing. Try a new outfit combination or make breakfast using only ingredients from your pantry. Practice utilizing the skills and resources you have at your fingertips.

Challenge Yourself

Ask to help with a project at work or take on a new task. Expose yourself to new experiences in your community through volunteering or read a book straying from your typical genre.

Collaborate

Work with others who share your interests to benefit from their skills and perspectives. Ask a coworker to teach you something new or offer to help on a new project. Reach out to friends or neighbors to learn a new skill like cooking a certain dish or finishing a home project.

Be Curious

Ask questions about why certain processes are done the way they are. Challenge the status quo and develop problem-solving skills that promote leadership. Can you find a more efficient way to complete a task?

© GBS Population Health

Embrace Boredom

Allow time for imaginative thinking. Instead of turning on a podcast, show or music, let your mind wander as you complete mindless tasks. Jot down new ideas as you think of them!

Make Things Fun

Schedule a team brainstorming session to get your ideas flowing. Play with your kids and create something together.

Let Go of Comparison

Focus on your progress and achievements instead of comparing yourself to others. Grow and learn from others but remember that we all have different interests, free-time, and passions. Instead celebrate three things that you tried this week. Whether they worked or not, take time to celebrate your efforts.