

11 ESSENTIALS OF CREATIVE THINKING THE MOST LIFE CHANGING WAY TO MOVE THROUGH 2018 AND BEYOND

1 / WRITE

Keep a journal of your thoughts, feelings and whatever comes into your head. Be playful and be the person that you have forgotten about. Give this person a Voice and let them open up your heart and soul. To new thinking, and ways forward in your career and business in 2018. Remember to have Fun doing this. No boring stuff.

2 / LISTEN TO MUSIC

Music opens up the Neocortex of the Brain and is substantiated by the large amount of Research by Neuroscientists. Think about how you can change a “flat” mood by listening to some uplifting music. Do this daily, weekly.

3 / MINDSET

Once you become aware of the possibilities of changing your Mindset through Music and Writing now is the time to bring a sense of order to your Mind. When negative thoughts arise, stop them in their tracks. It takes practice but remember practice makes perfect. Reframe these thoughts to positive ones.

4 / MEDITATE

This is the one simple experience that you can do many times daily for short amounts of time. Just focus on your breath, and let thoughts float away. Don't connect with them, just follow your breath and use words that make you feel relaxed and at peace with yourself. Words could be Love, Happy, Open, Secure.

5 / NETWORK

With groups or organizations that make you feel alive, not flattened. This year make a conscious choice to go along to events where you feel uplifted, inspired and energised.

6 / SPEND MORE TIME WITH FABULOUS FRIENDS

Our friends are our life line at all times personally and professionally. Do you give back to your friends, enjoy being with them? Have time for them and again get rid of people who bring you down.

7 / HAVE A CREATIVE DAY EVERY WEEK

Make it a Fun day, for example in your lunch hour you might like to go for a walk in a street or area that you never frequent. Buy some lunch from a new café or restaurant, test out new styles of eating. Get the “child like you” back again. Be inquisitive, excited and open to new experiences. Take your dog for a walk along a different route, or another dog park.

8 / HAVE A BUSINESS MAKE OVER

What is the first thing you could do to “Spruce up repaint recarpet your career or business?”. What have you put up with in 2017? This is similar to living in a home where you get used to outdated furniture, carpet and tired grubby walls. Just think of one thing you can “make over” and start now to do it.

9 / LAUGH, LOVE AND LEARN TO SEE THE FUNNY SIDE OF YOUR LIFE.

It is easy to get caught up in “poor me” syndrome. There are plenty of people far worse off than you. Look around at physically challenged individuals. They have guts and courage to live their life as best they can.

10 / COMMIT TO LEARNING SOMETHING NEW THIS YEAR

Be curious about what “turns you on”. It does not have to be business orientated. Whatever you learn will play into creating a business or career that “Pops” in 2018. Did you always want to be a better photographer, cook a new cuisine, learn jazz dancing? Be Bold, be Brave and go for it.

11 / ENJOY AND LUXURIATE IN THE NEW YOU AS CREATIVITY FLOODS EVERY PART OF YOUR LIFE IN 2018.

It is to be enjoyed and let this inspiration guide you as 2018 unfolds.