**Boost your creativity**

Consider how you will bring more creativity to your study or work. For each of the following means of boosting your creativity, indicate 🗹 your level of interest for trying this out.

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| --- | --- | --- | --- | --- |
| Action | No interest | Low interest | Some interest | High interest |
|  | Hold a question in mind over time: see what emerges |  |  |  |  |
|  | Change my daily routine |  |  |  |  |
|  | Put time aside each week just for thinking |  |  |  |  |
|  | Generate more options – so I have lots from which I can select the best ideas |  |  |  |  |
|  | Keep an ideas book/file ready near me to jot ideas  |  |  |  |  |
|  | Be more playful in working with ideas |  |  |  |  |
|  | Be more open to new ideas – reject them less quickly |  |  |  |  |
|  | Set aside time to let ideas emerge |  |  |  |  |
|  | Browse more widely online  |  |  |  |  |
|  | Ask myself ‘what if I ...?’ questions |  |  |  |  |
|  | Set a creative project for myself |  |  |  |  |
|  | Join a new class, group or club |  |  |  |  |
|  | Spend more time with people who value creativity |  |  |  |  |
|  | Be more active looking for sources of inspiration |  |  |  |  |
|  | Cut out things that prevent me being creative |  |  |  |  |
| Add your own ideas. |
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