

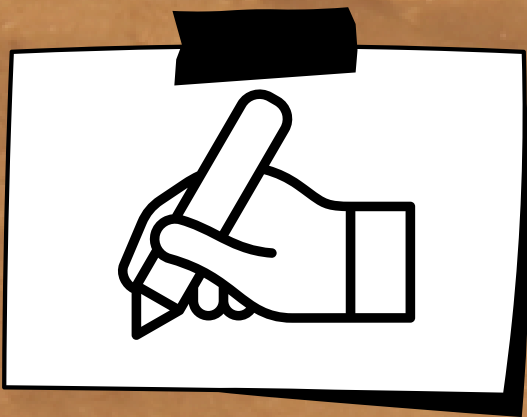
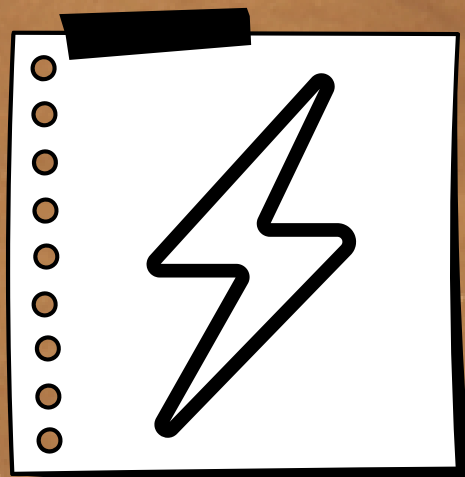
# CREATIVE

# PROBLEM SOLVING

Creative blocks can be challenging when trying to solve complex problems. Below are 5 exercises that help spark creativity and brainstorming when tackling difficult issues.

## LIGHTNING BRAINSTORMING

Take 3 minutes to write down as many ideas as possible either relating to your problem or not. Don't worry about certain nuances, boundaries, or how wild the idea may be. This helps spark free thought without limits.

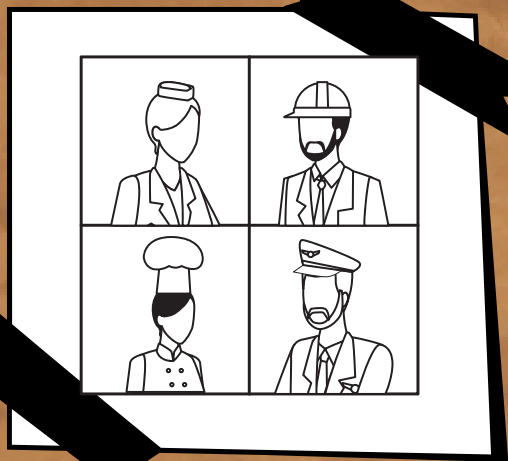


## CHANGE YOUR TOOL

Try tackling the problem using a different medium. If you are working on a computer try switching to a notebook or a dry erase board. New surfaces can help spark new solutions.

## QUESTION STORMING

Rather than trying to find an answer to your problem reverse your thinking. Instead, write down as many questions to your problem as you have. This may help you see the problem from a different angle.



## ROLE-PLAYING

Pretend you are tackling the problem at bay from a different profession. Put yourself in a new perspective and think about how this other person may solve this problem.

## REVERSE MIND MAP

Create a mind map in reverse by putting many ideas around the edges of a piece of paper. Work your way into the center by connecting these ideas to smaller corresponding ideas. This method helps you visualize different paths to take to reach a solution.

