

Exploring Creativity in Life

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It's just as important to be creative in your personal life as it is to be creative in your working life. Making new connections in your daily life will help you become happier and more content. It will also have the bonus effect giving you the mind space to be creative in your work.

What does it mean to be more creative in life? It often means taking more time to actually *enjoy* life. It means stepping away from work and thinking about what truly matters.

First and foremost, make sure you spend quality time with your family. This doesn't mean time sitting together as you all play with your iPhones and iPads. It means taking walks together, having family game nights, going to sports games together, weeding the garden together, or whatever it is you enjoy doing as a family. This will help you all become closer and less stressed. Less stress and more person-to-person connection leads to more creativity.

It can feel like all this quality time will only serve to distract you from work and solving the problems you have in life. But really, it will help to reset your mind and give you plenty of sensory and emotional input from which to be more creative and more productive. It will also bring you closer together with those you love, naturally eliminating so many of the problems you have in life.

Take Time to Love Nature

A big chunk of your free time should be spent outside in nature. Our bodies were meant to explore the outside world. We weren't meant to be stuck inside all day, staring at a computer screen in solitude.

If we don't go outside, we don't get vital vitamin D from the sunlight. We don't get to breathe in the fresh air, filling our lungs with nature's gift. We don't get to be inspired by the beautiful colors in nature and watch the wonderful critters scatter around.

We miss so much, and it greatly affects our creativity. Get outside every day—it will help you in so many ways.

Enjoy Free Time

Make sure you spend plenty of time doing the things you like to do in your free time. You can't work overtime and expect to be productive and creative. Let yourself let loose. Go out to dinner, go to a movie, read the newspaper, read a book, play golf, do whatever it is you like to do—and do it often.

Having free time will calm your mind and your problems will seem so distant, because they will be. Doing what you like to do also helps you practice mindfulness. You'll want to be in the present moment because who you are and what you want to do is in alignment. It may not seem like it, but this will help you be more effective in business as well.

Don't Sweat the Small Stuff

Sometimes, you just have to stop yourself and think about what is truly important. We get so bogged down with the little stuff in life that we turn it into big stuff. Don't let work and worry take your life over at the expense of your family and your sanity. You'll be much less effective.

It might seem strange that I'm telling you to play more and work less to be more productive and creative. It's the opposite message so many of us get in today's society. If we aren't working 12-hour days, we feel like we're doing something wrong.

Well, I have to say there really is something to Tim Ferris's 4 Hour Workweek lifestyle. There are so many ways you can be more effective, make more money, and be more creative—and working to the point of burnout and worrying about everything in life is not the right way to do it.



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