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4 Habits That Can Help Maintain Your Creative Energy

Our Friends · Friday, May 21st, 2021

Creativity as all sorts of useful applications. For artists, it is the base energy behind their works of art, and in business settings, creativity is crucial for coming up with new ideas and solving complex problems elegantly. And while it's hard to pinpoint what makes some people more creative than others, there is no denying the fact that the circumstances of everyday life can have a big impact on how creative we can be on any given day.

The good news is that this means there are habits you can adopt to replenish your creative energies and put you in a mindset that is more conducive to creative thinking. Here are some of the habits that can help you with that.

1 – Take regular walks

Exercising in general has various benefits that can impact your creativity. It helps release stress and can boost your energy levels, both of which make it easier for you to engage with creative efforts. But walking, in particular, can be very useful for creative minds, especially when done outside.

That's because walking seems to naturally put us in a relaxed state that is conducive to deep thinking and problem-solving. It's one of the reasons why people find they have a better time problem solving while pacing around a room, and one study even found that walking can make you better at solving basic math problems. Go out for a walk the next time you feel stuck on a problem, or pace around the office if going out isn't an option.

2 – Meditation

Meditation can do wonders for your spiritual health, but you don't need to be a spiritual person to reap benefits from the practice. The secular benefits of meditation are well-recognized and documented. The practice can help reduce stress levels and it is known to help boost your ability to focus.

If you often find yourself getting distracted or checking your phone when you wish you could be focused on a creative project, learning how to meditate might give you the boost you need.

3 – Keep studying

Continuously learning more about your chosen field is a great way to make sure things are never boring. As long as you are learning new things, you'll have new skills and concepts to apply and

master. That prevents boredom and can make you more effective at what you do.

On top of studying material that focuses on your chosen field, keep an eye out for courses meant to help you learn about creative fields you're not familiar with, like poetry or painting. The "Awakening Genius" course offered by [Garry "Dijon" Bowden Jr.](#) is a good example of this. Picking up new skills and learning from people with expertise in fields different from your own can help you think outside the box, and engaging in creative hobbies can help you rest from your main creative activity.

4 – Seek role models

One of the best habits you can adopt to keep your creative levels high is to constantly seek out great individuals in your field. Expose yourself to their art, or read about their history and achievements. Looking into what the best people in your field have been through and what they have achieved can be a great source of inspiration, and it is also a potential source of useful knowledge.

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