



## HIGH PERFORMANCE CREATIVITY

[SCREAMSHEET]

### ***Executive Summery:***

**Creativity** is the ability to *recognize new connections and patterns* between elements residing in your “library” of long term memories. A moment of inspiration occurs when this newly recognized pattern is seen as a whole or partial solution to an existing problem.

Your **creative skills** can be enhanced by four primary means:

- Enhancing your general mental performance
- Enhancing your memory skills
- Growing your library of long term memory objects
- Learning to use creative thinking tools

### ***General Mental Performance:***

- A well functioning mind will perform at a higher level
- Aerobic exercise improves cognitive performance
- A healthy body feeds a healthy mind (garbage in, garbage out)
- Sleep (nightly and naps) improves cognitive performance
- Stress deteriorates mental performance (learn relaxation techniques)

### ***Memory Skills:***

- Become memory literate
- Experiences that stimulate multiple senses have a greater chance to become long-term memories
- Vibrant, active and interesting experiences are easier to remember
- Repetition is essential to maintain long term memory
- Vision is our dominant sense, while smell enhances recall ability

### ***Grow Your Library:***

- More memories and experiences give you more fuel for pattern seeking
- Read constantly
- Seek out experiences outside of your comfort zone
- Learn to listen and observe
- Challenge your senses

### ***Learn Creative Thinking Tools:***

- Abstraction tools can help guide the pattern seeking process
- Think of the tools as blades of a Swiss Army knife
- Learn multiple abstraction techniques
- Explore the same problem with multiple techniques and tools