

Creative Problem Solver workbook

By

Amanda Goldston

© 2005 Amanda Goldston. All rights Reserved

Disclaimer:

The information in the Creative Problem Solver Workbook is for information and entertainment purposes only.

The persons who have produced and contributed to this workbook do not have any medical, scientific, psychological, health (including without limitation mental health), hypnosis, coaching, mediation, therapy, neuro linguistic programming, business, financial qualification or background in any of these areas or similar areas.

Golden Yonder Limited, its directors and employees make no warranty or representation that they have any specific skills or expertise. No warranty or representation is made that the use of any products will achieve a specific effect, result or purpose. Golden Yonder Limited, its officers and employees have no responsibility for any decision or action which you decide to take based on the use of the Creative Problem Solver Workbook (including losses, damages, costs and expenses which you or others may incur) based on any information available in this workbook.

You must use your own skill and judgement in deciding whether the Creative Problem Solver Workbook is suitable for you. Golden Yonder Limited, its officers and employees make no recommendations, warranties or representations about the suitability of the Workbook for any person.

We recommend that if there are any health (mental, physical or otherwise), medical, business or any other issues which are or may be affecting your life or upon which you need advice, you should obtain advice from an appropriate qualified professional person.

Table of Contents

Introduction	3
Situations when you may need to be creative:.....	4
What can you do?	4
“Left, Right, Left!”	5
How to phrase the question-	5
20 ideas method-	5
Write down the opposite.....	6
<i>What else?</i>	<i>6</i>
<i>Right:.....</i>	<i>7</i>
<i>Left:</i>	<i>7</i>
Get started:.....	8
<i>Some other ideas:</i>	<i>8</i>
Book exercise:	8
Pictures, drawing,.....	9
Listen to intuition, watch for ideas.....	10
<i>Drink plenty of water:</i>	<i>10</i>
<i>Breathe:</i>	<i>10</i>

Introduction

The aim of this e-book is help you to learn how to tap into your own inner, creative resources, to help you to quickly and easily come up with a flood of creative solutions to tricky challenges you may be facing in any area of your life.

When you master these simple skills you should be able to turn on your creativity, on demand, any time you choose to deal with any situation.

It is designed to be used in conjunction with our “Creative Problem Solver” relaxation CD.

There is a very simple 3 step process to creativity, which is outlined in this e-book. It is designed to help you to tap into all the resources of your logical, analytical left brain **AND** the creative, imaginative, intuitive right side of your brain.

When both sides of your brain are working together, you can intuitively know which is the right course of action for you to take and forge ahead with it.

For best results, follow the steps in order. And remember to take **ACTION** on the creative ideas you have come up with.

Wishing you much success with your Creative Problem Solving

Amanda Goldston

Situations when you may need to be creative:

- Yes/no?... shall I/shan't I decision?... What way shall I go? Difficult decisions to make and it seems that whichever way you go, you are going to upset someone
- Need to find a creative answer/twist to finish a project to meet a pressing deadline
- Inspiration to move forward in a project
- Writing something such as a work project, personal letter, or finding the words to express your love someone, to apologize or to complain
- Ways to deal with a difficult person or situation without losing your temper or giving in to them.
- Ways to deal with bullies, both in your child's school and in the workplace.
- Ideas to get your kids to do their homework or tidy their room, without arguing, the first time you ask them.
- New ideas for closing a crucially important sales call.
- Ways to prepare for an upcoming interview, presentation, appraisal, sales call, meeting, so you make a glowing impression and stand out as unforgettable.
- Other?

What can you do?

You can worry, panic, get stressed up or take a pen and paper and allow your creative mind to unfold.

For added impact, think of as many ideas as you can, then put the list by your bed and chill for half an hour, so you can access even more parts of your creative brain.

Yes, that's right- Relax! Chill, put your feet up for half an hour, or go for a walk or have a relaxing bath or do something completely different and let your creative brain come up with the answers for you.

“Left, Right, Left!”

No, you don't have to do a military march or take up dancing classes to get an unlimited flow of creative answers.

We are going to show you some ideas to use both your left-brain logic and rational thinking and your right brain creativity, to come up with amazing ideas, whenever you need them.

Left:

- 1) Take a piece of paper, write your question our outcome at the top.

How to phrase the question-

How can I have/be/do/ achieve a specific outcome? Focus on what you want, not what you don't want. Focus on the desired outcome

e.g. How can I finish this project before the deadline, so it pleases everyone?

How can I get my son/ daughter to tidy their bedroom without a fight?

How can I deal with the bully at work, so it is a win-win outcome?

How can I twice as much, working half as many hours?

Or:

What would it take to have xyz in my life right now?

What needs to happen for xyz (or something better) to show up in my life right now?

20 ideas method-

Write at least 20 ideas, do not edit or judge, write everything you can think of, from the ordinary to the totally bizarre. If it pops into your brain, write it down.

Make sure you silence the little critical voice that will be saying “Don't bother with that idea, that is totally stupid, that won't work”. Editing comes later. For now, focus on the question and let the ideas flow.

Write down the opposite

e.g. goal is to double my income, answer could be start earlier, work harder and finish later.

Write the reverse, e.g. start later, work shorter and finish earlier, but spend the first hour planning. Find a way to turn my knowledge into a source of passive income etc.

Can you **combine** any of the ideas you have written down?

I read something once, I think it was in “Think and Grow Rich” (Napoleon Hill) where it said “It only takes an idea which is 10% new to make \$1,000,000.00”

What else?

That is a very powerful question to keep asking yourself. You will probably hear a little voice in your head say “I don’t know” and a brilliant answer to that is:

“I know you don’t know, but if you did, what else could you do?”

As silly as that sounds, it seems to trigger off a fresh wave of creativity. My kids get really annoyed, when I use that one on them. However it really does work.

Keep asking until you really can’t think of anything else, then go to step two.

Right:

- 2) Put your piece of paper to one side, go and do something different, relax, put your feet up, listen to a relaxing CD (our Creative Problem Solver CD is an excellent choice), go for a walk in the park or whatever you do to relax.



It is also a good idea to hand it all over to your subconscious mind, with the instruction of “Please give me at least 2 workable solutions (or the perfect solution for me) to this situation by.... Tomorrow morning, in the next hour, when I wake up from my doze....”.

Be willing to let it go, and trust that your subconscious will come up with the answers in the required time.

Have a good night’s sleep.

Keep a pen and paper by your bed, because you may well wake up in the night, knowing exactly what you need to do, and if you don’t capture those gems of wisdom while you can, you may forget them.

That is very frustrating. To wake up in the middle of the night, with crystal clear clarity, and then to have forgotten what it was by the time you get up in the morning.

Left:

- 3) **Editing and analysis.** Take all your ideas, both from your pen and paper exercise and from your relaxation and put them all together. This is the time to edit and to decide what combination you want to try first and to set the action steps.

Get started:

- 4) This is probably the most important part. Do something to get started. Take some action. Then use your right brain creative side for the intuitive prompts to keep you on the right track.

Some other ideas:

Try a word association- think of an aspect of your project, pick a word and let your mind wander freely and associate words together.

Book exercise:

Pick a book you think may be useful to your project. Set an objective e.g. I want to find 6 ideas from this book that will help me to complete this project.

You can then do a simple speed-reading exercise.

Open the book, relax your eyes, look at the centre of the book and let your eyes go a little fuzzy, almost like you are looking through the book, then turn the pages quite quickly-

Your brain will pick up all the information you need. When you get to the end, you can turn the pages again if you choose. Next, go through the book, opening it at random pages. Notice any words or phrases that jump out at you.

This is better done if someone else can write the words/phrases down for you or if you can say them into a tape or onto your computer as you go along.

When you have a list of about 25, look at them and ask yourself your question again. How can that help me complete my project? You may want to group them into similar ideas, or draw a simple mind- map or tree type diagram.

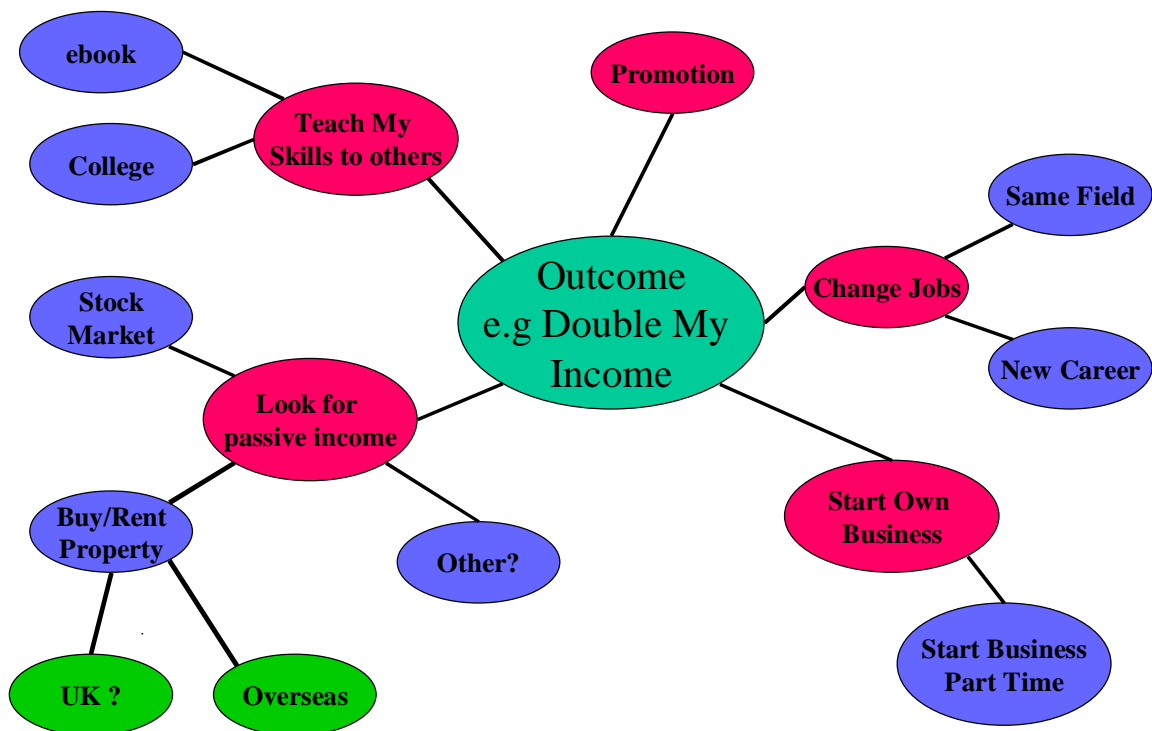
You'll be amazed at the ideas this will generate. Pick out the key, or recurrent themes and combine them.

Pictures, drawing,

You could try the idea of **Mind Maps**. Write down your outcome in the centre of a large piece of paper, get some coloured pens and let your mind wander freely.

The idea is to draw lines from the centre outwards with the main ideas and then associate the words from there, so for example in our “Double my income” example, you could put that idea in the middle and then draw branches off such as, work harder, or get another job or start my own business or teach about my hobby etc and then add ideas in different colours that relate to that topic.

Mind Map Example



Listen to intuition, watch for ideas

Flick through a magazine or a newspaper, if you get an inclination to buy a particular paper or switch the TV on, then do it- immediately!

Drink plenty of water:

This will keep you hydrated, and studies have shown that water seems to help stimulate your brain, rather than tea or coffee or sugary drinks, which have the opposite effect.

Breathe:

If you are feeling stressed and creativity is not flowing, try taking some deep breaths. Breathe in for a count of 4, hold for 16, and then breathe out for a count of 8. In through your nose and out through your mouth. If you find this difficult, start with 2-8-4 counts.

We hope you have found this Creative Problem Solver e-book useful. If you have any other suggestions of ideas that have worked for you, then please let us know. Amanda@getyourdreamlife.com and we will include them in future editions. We will also send you a free copy of updated versions as they become available.

With abundant blessings.

Amanda Goldston

<http://www.getyourdreamlife.com>

© Amanda Goldston 2005. All Rights Reserved.