

CHECKLIST

**BECOME
CREATIVE
GENIUS**



Purpose: This checklist is designed to help you harness creativity to drive innovation and success in your entrepreneurial ventures. By following these steps, you can cultivate a creative mindset, establish innovative routines, and implement breakthrough ideas that propel your business forward.

Shaping the Creative Mindset

1. Embrace Uncertainty

- Reframe unknown outcomes as opportunities for discovery (e.g., think of potential rewards).
- List three business challenges and brainstorm three new solutions for each.

2. Reframe Failure

- Create a “Failure Resume” to document and learn from past setbacks.

3. Adopt a Growth Mindset

- Replace negative self-talk with growth-oriented phrases (e.g., “I’m learning to be more creative every day”).
- Practice reframing challenges as opportunities to learn.

4. Cultivate Intrinsic Motivation

- Identify and reconnect with the core ‘why’ behind your entrepreneurial journey.
- Set personal challenges aligned with your passions.

Conditioning for Creativity

5. Practice Mindfulness

- Set aside 5 minutes daily for mindfulness meditation.

6. Implement Morning Pages

- Write three pages of stream-of-consciousness thoughts each morning to clear mental clutter.

7. Link New Habits to Existing Routines

- Integrate mindfulness or morning pages with existing daily habits (e.g., after morning coffee).

Establishing Creative Routines

8. Design Your Creative Workspace

- Declutter your desk and create a “creativity corner.”
- Optimize lighting with natural light or full-spectrum bulbs.
- Add plants to your workspace for enhanced problem-solving.

9. Schedule Creative Time Slots

- Allocate specific periods in your day dedicated to creative tasks.

10. Use the Pomodoro Method

- Implement creative sprints: 25 minutes of focused work followed by a 5-minute break.

11. Capture Ideas On-the-Go

- Keep a notebook or use a note-taking app for spontaneous ideas.

Advanced Brainstorming Techniques

12. Utilize the SCAMPER Method

- Apply SCAMPER actions to an existing product or service (e.g., Substitute, Combine, Adapt).

13. Create Mind Maps

- Use mind mapping to explore connections between ideas visually.

14. Apply the Six Thinking Hats Technique

- Rotate through different perspectives (e.g., White Hat for facts, Green Hat for creativity).

Overcoming Mental Barriers

15. Reframe Challenges Positively

- View obstacles as opportunities for innovation.

16. Manage Stress

- Practice daily relaxation techniques like deep breathing.

17. Detach Periodically

- Take regular breaks for activities unrelated to work (e.g., nature walks).

18. Embrace Failure

- Keep a “failure resume” and celebrate learned lessons.

19. Shake Up Routines

- Work from different locations or change your problem-solving approach.
20. **Leverage Technology**
- Use digital tools and AI-powered apps to stimulate creativity.

Review and Reflect

21. **Regularly Assess Your Creative Practices**
- Monthly, reflect on what strategies are working and what needs adjustment.

Reflect on how these practices are impacting your creative output and make necessary adjustments to continually enhance your innovative capabilities. Your journey to unlocking boundless entrepreneurial creativity starts here – stay consistent and watch your ideas flourish!