

Ultiself Creativity Routine

Creativity is essential to business and life success. Learn exactly how to train your creativity with this powerful Routine.



Alter Your Routine - Mixing things up can change your regular viewpoint.

ACTION - Change your schedule for a day and check your new perspective.



Idea Generation Training - Creativity is like a muscle you can strengthen.

ACTION - Write down 20 ideas every day on a notepad or app.



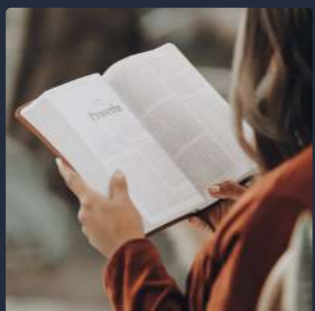
Meditation - Reducing your stress and increasing relaxation is good for your creativity.

ACTION - Meditate for 10 minutes per day to increase your creativity.



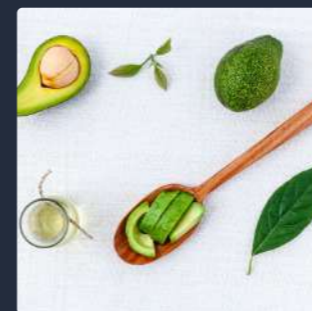
Consume Caffeine - Caffeine is a chemical called trimethylxanthine that promotes cell activity to speed up.

ACTION - Drink a cup of coffee daily to start your day righty.



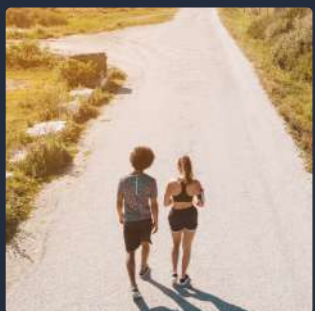
Reading - Increasing your vocabulary and reading comprehension boosts your creativity.

ACTION - Read at least five pages per day.



Consume Healthy Fats - Omega-3 fatty acids improve attention span and creativity.

ACTION - Eat 250-500mg of Omega-3 fatty acids every day.



Walk Outside - Exercising has the potential to improve your mood and wellbeing.

ACTION - Go for a short walk every day to stay in a good mood and boost your creativity.