

# A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

## Creative Brainstorming



*Creativity is an essential component of an inspiring flourishing workplace. It is through cultivating creativity that new ideas and solutions are born. To enhance creativity at the workplace, try a creative brainstorming session by setting aside rational, analytical mind and letting your ideas unfold freely.*

### A MINDFUL CREATIVE BRAINSTORMING EXERCISE

This creative brainstorm exercise is written for a group, but you can do the first three steps as a solo practice as well. It is well-suited for anytime there is a call for new ideas or a solution to an existing problem.

- Begin your brainstorm session by – as a group – setting an intention that recognizes there are always new possibilities. Use the following intention statement or set your own:  
*I intend to open my mind to the infinite field of possibilities.*
- Next, meditate for 5 minutes, practicing open awareness of all sensory experience. Research shows open monitoring meditation can increase our ability to come up with new ideas.
- After the meditation, call to mind the project, challenge, or company goal at hand. Ensure everyone has a blank sheet of paper and is invited to let their mind play freely. Write down any words, statements, or ideas that come to you. You can draw or doodle as well. Explore this together in silence for 15 to 20 minutes.
- Once complete, take time for open sharing of all the images, words, and ideas that came up. Let each participant share without receiving feedback. Only once everyone has freely shared should you reintroduce the analytical mind to process.

#### TIPS FOR THINKING CREATIVELY

Cultivate a beginner's mind. Let go of any opinions about what worked or didn't work in the past. Remain open to new possibility.

Make space for bad ideas. Bad ideas often lead to good ones, or...we realize the bad ideas were good all along!

Notice if you have fear of making mistakes. When we branch out creatively, there's always a risk our ideas won't pan out.

It's ok, it's all part of the process.

*“The chief enemy of creativity is good sense.” – Pablo Picasso*