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Leadership and Career Coaching

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You might think that creativity isn't required in all walks of life. You could be correct. Your regular schedule and daily routine might be very repetitive and mundane. You know where you need to be, at what time, and what you need to do when you get there.

This is often a day-in and day-out schedule, at least during the weekdays. Like most people, you have a Monday through Friday schedule that repeats itself. You don't usually need to be creative to successfully negotiate that schedule.

Perhaps your days on the job and days off change every week. Sometimes you work a night shift, and other mornings you're on the opening crew. Even if this is the case, you eventually become acquainted with what the job requires, even if the schedule changes frequently.

The time your kids need to be at the bus stop doesn't change daily. You pick them up from school at the same time. You get groceries on Wednesday, Friday night is date night, there's trivia with your friends every Tuesday, and so on.

Believe it or not, even the most predictable and boring of routines can benefit from creativity. That's because a healthy sense of humor is linked to creative thinking.

How Do You Respond When the Fickle Finger of Fate Fails to Follow Your Routine?

Routines are awesome. When you get used to them, you can become very efficient and get a lot accomplished. That said, they aren't always reliable. Some variables will enter the equation, and you must consider a new way of getting things done.

People with a good sense of humor learn to look at life from different viewpoints. That's what humor really is. You point out something in an otherwise normal situation and expand on it. You view it differently.

This is creativity at its core. It's a skill that can help you when your routine gets wrecked, and you must think on your feet. People with a sense of humor are more likely to be creative. If you want to become more creative, learn to joke and laugh more.

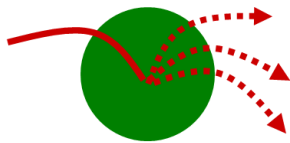
Embracing Humor Can Help You Adapt to Any Situation

It's well-known that people who constantly work on their sense of humor generally have strong and capable minds. This is due in part to the fact that humor demands imagination.

When you tell a joke, it's often just repeating something you heard. Many times, spur-of-the-moment humor is a creative process. It requires you to actively think about reframing the obvious and traditional opinions or expectations. Active cognitive functions are required to creatively look at an otherwise unfunny situation and find some humor.

When your cognitive abilities grow, you become more adaptive. Adapting to situations you were unprepared for is a creative benefit that can serve you well in many areas of your life.

If you want to be more creative, work on your sense of humor. Two things that make you laugh more often. Then ask yourself why you left. Get to know your unique and quirky sense of humor. Use it often. Improving your sense of humor can get you more laughs and attention, and it can stir your creative juices as well.



As a certified Edward de Bono trainer for Lateral Thinking – one of the world’s most powerful Creative Thinking programs, I learned directly from Dr. de Bono that many forms of humor are based on Lateral Thinking – a twist that can prompt creative thinking. I heard de Bono tell this first story at least three times in training programs:

A cowboy rode into town on Friday. He stayed for three nights and then left on Friday.
How come?

And here’s a favorite of mine:

A train pulls into a station, but none of the waiting passengers move.