

7 WAYS OF COMING UP WITH NEW IDEAS

Brilliant ideas can change the world. Businesses are always looking for people with great ideas to help them do things better or to make more money.

When you're working in a team, you might be asked to come up with ideas that are going to help the group. Teams with the best ideas usually become the most successful.

Great ideas can also be turned into cash. When there aren't a lot of paid jobs out there, you might need to get creative and come up with some ideas that could help you bring in a bit of extra money.

But how do you make those ideas come about? Coming up with fresh ideas isn't always easy. Sometimes your mind is just blank.

Here are 7 ways to help you think a little differently and make that light bulb appear.



1. Take time to relax

Sometimes sitting there and trying really hard to think of ideas isn't always the best way to come up with them. Our best ideas often pop into our heads when we are thinking about something else, or when we're not really thinking about anything at all. Take time out, clear your mind, listen to some music and maybe that great idea will show itself.

2. Change up your surroundings

Being in a new environment can help us get inspired and start to think of new things. Instead of sitting at your desk trying to brainstorm new ideas, go for a walk in the park. Many great inventors have found that walking in nature has helped them to relax and clear their minds so that new ideas had room to come through.

3. Talk to some new people

Socialising with new people can help bring you new ideas. These new people may have different thoughts and opinions on things, and they could be able to help you see something that you didn't see before.



4. Read more books

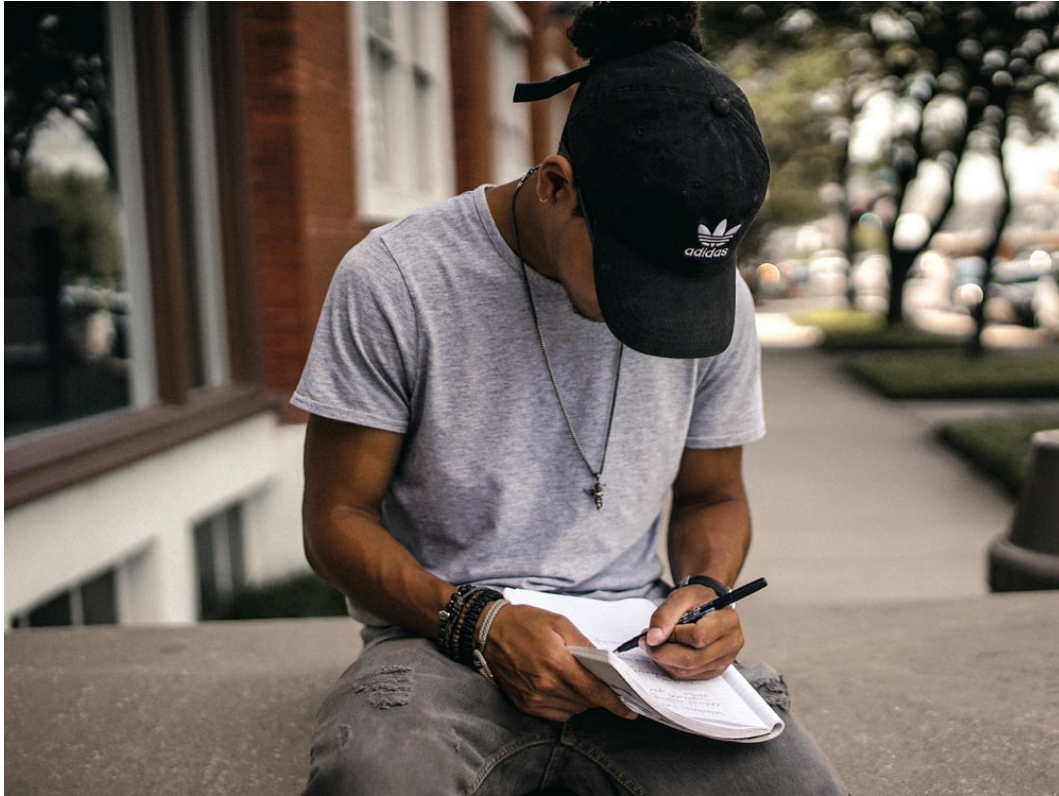
Books are wonderful for creating new thoughts and encouraging great ideas. It doesn't need to be an educational book, even fairy tale stories could help create new ideas. The more different the book is to what you'd usually read, the better it will be at helping you think differently.

5. Randomly surf the web

Google can help you generate those new unexpected ideas. Take an hour each week and go on a web journey. Start with the "I'm Feeling Lucky" button on the Google home page and just take it from there. Try to click on websites that you wouldn't usually visit for some fresh inspiration.

6. Keep a regular journal

A journal is great for recording thoughts, feelings and the history of your life. It's also a great way to keep a record of your ideas. Sometimes, you have an idea that isn't important now but could help you later. Still, note it down and see where the idea ends up. If you don't feel like writing a whole journal entry, perhaps just start with *'Here is my new idea for the day ...'*



7. Ask someone with experience what they think

You might ask for the thoughts of a family member, a church leader or a sport coach, depending on what you need ideas for. Ask the person how they like to approach problems and what they would like to see being done differently. They might not hand you the idea, but they could help to point you in the right direction.

Coming up with Ideas Activity (10 minutes)



Do you have any ideas that come to mind already?

Can you think of anything that could be done differently / better at work or in your team?

Do you even have some money-making ideas that could help you and your whānau?

Write them down below and remember to check out some of our other resources and videos to help you get inspired and come up with those great ideas.

A series of ten horizontal dashed lines provided for writing down ideas.