

Stimulate Your Creativity

Take time to smell the flowers.

A sense of humor is a way of looking at life. It is about perspective. It is about positive associations. Here is a tip for refreshing your mind and your creativity.

I lived in Santa Maria, California, for fourteen years before moving Las Vegas. And when I first saw my home there I had a vision of frequently spending time on the patio overlooking a nice valley, reading a book, lemonade and wireless phone by my side.

In fourteen years, I hate to admit it, I can count the number times I did that on the fingers of one hand.

Here in Las Vegas I have made an effort to spend time at a place in a public park I call Duck Lake. It is a small lake (about a one-mile walk around it). I take time twice a month to walk around it at sunset. In fact I was there yesterday afternoon and it was relaxing and energizing.

My next resolution is to get out of my Lazy-Boy recliner in my office and spend time outdoors in my porch swing under a large shade tree by the pool which will serve as my mini-retreat for relaxation and creativity. But I need to make a serious commitment to take the time to use it. This afternoon I will do it.

Thinking about smelling the flowers has some benefits but thinking is not as effective as doing it. Where are your flowers? When will you fit them into your schedule?

Your flowers may be spending more time with your kids. Research shows that most of us do not make enough time for quality conversation with our children. Take a walk with your spouse or partner (we go to Duck Lake together). Play with your dog. Throw a Frisbee in the park, even if you do not have someone to throw it back to you! Go fishing (twenty people were fishing at Duck Lake yesterday). Have lunch on the grass. Play something where the important thing is having fun and not winning.

Smell your flowers. It will stimulate your creativity and your sense of humor.

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