



Dobson Associates

Human Performance Consultants

Finding the Time to Think

In today's fast paced world it is difficult to find the time to just sit and think. To think "creatively" and "innovatively." How do we find time to allow ourselves the luxury to find a way to look at the unique challenges before us?

Here are a few ways to begin to stimulate and energize your creative and innovative thinking processes to make things better.

QUESTIONS:

When you think, your mind will ask or create a lot of questions. Mostly the 5 "W" type questions (who, where, why, what, & when). This is the same type of curiosity that children display. So, don't be afraid to "think like a child" to access the creativity and innovation that exists in your brain cells.

ANSWERS:

Once the mind begins to generate the questions, it will also begin to provide some answers.

Think for a moment about the last time you participated in a "brainstorming" session. Remember how the answers began to multiply as everyone builds on each other's ideas.

Instead of thinking and saying "I can't," we will start to say, "why not."
We need to regard our minds as idea generating machines, that need to be turned on.

JUDGMENTS:

When we have completed the idea generation process for a time, we then begin to judge these ideas. Our goal is to find the "right" answer or solution, not just any old answer or solution, to the problem.

This is where we begin to design the solution to the problem. It is kind of like sculpting with clay. Take a little off of here and add a little to it there. Ultimately, we come up with a finished product or solution or answer that uniquely fits the problem as we had defined it.

ACTION:

Now that we have created the ideal solution or answer to this problem, we need to put it into action. This is where we need the input or feedback from the people who will be affected by this solution. It is with these people's help that we will successfully implement the new solution, which will help make the workplace operate a little safer and more efficient.

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