

18 Things Highly Creative People Do Differently

Creativity works in mysterious ways. . Imaginative people have messier minds."

While there's no "typical" creative type, there are some tell-tale characteristics and behaviors of highly creative people. Here are 18 things they do differently.

1-They daydream.

daydreaming can lead to sudden connections and insights because it's related to our ability to recall information in the face of distractions.

2- They observe everything. - they see possibilities everywhere and are constantly taking in information that becomes fodder for creative expression.

3-They take time for solitude. We need to give ourselves the time alone to simply allow our minds to wander. "You need to get in touch with that inner monologue to be able to express it,"

4- They seek out new experiences.- and this openness is a significant predictor of creative output.

5-They "fail up." Resilience is practically a prerequisite for creative success

6-They ask the big questions.

Creative people look at the world around them and want to know why, and how, it is the way it is.

7-They people-watch. They're keen observers of human nature."

8-They take risks. "Creativity is the act of making something from nothing. It requires making public those bets first placed by imagination.

10-They view all of life as an opportunity for self-expression.

One's life and the world is viewed as a work of art.

11- They follow their true passions. They're motivated to act from some internal desire, rather than a desire for external reward or recognition..

12- They get out of their own heads. - it allows you to imagine your future self, but it also allows you to imagine what someone else is thinking."

13-They lose track of the time. they get "in the zone," a flow state, which can help them to create at their highest level. Flow is a mental state when an individual transcends conscious thought to reach a heightened state of effortless concentration and calmness. When someone is in this state, they're practically immune to any internal or external pressures and distractions that could hinder their performance. You get into the flow state when you're performing an activity you enjoy that you're good at, but that also challenges you -- as any good creative project does.

14-They surround themselves with beauty.

15- They connect the dots. to see possibilities where other don't - vision. Many great artists and writers have said that creativity is simply the ability to connect the dots that others might never think to connect.

16- They work the hours that work for them. individuals with high creative output will often figure out what time it is that their minds start firing up, and structure their days accordingly.

17- They constantly shake things up.

Diversity of experience, more than anything else, is critical to creativity

18-They make time for mindfulness.

Creative types understand the value of a clear and focused mind -- because their work depends on it.