

How to Boost Your Creativity

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The Huffington Post:

Do you sometimes feel like you're surrounded by creative people—musicians, writers, artists, builders, inventors—but have no muse of your own? Maybe you've said to yourself, "I'm not creative. It's a personality thing and I'm just one of those logical left-brained folks."

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Conventional wisdom says that a neat work space is essential for productivity. But isn't creativity *unconventional*? Researchers found that while a neat desk encourages "good behavior" (like choosing an apple over a candy bar), working at a messy desk promoted novel choices and stimulated new ideas."Disorderly environments seem to inspire breaking free of tradition, which can produce fresh insights," said the study's lead author, psychological scientist Kathleen Vohs of the University of Minnesota. "Orderly environments, in contrast, encourage convention and playing it safe."

Read the whole story: [The Huffington Post](#)