



Keyword: Creativity Obstacles

## Obstacles to Personal Creativity

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by Kevin Eikenberry

“I wish I could be more creative.”

“I’d be more creative if...”

There are obstacles that keep each of us from being more personally creative. Understanding and removing these barriers is an important role for a Remarkable Leader.

Understanding and removing them for ourselves can make our entire lives more remarkable.

**Belief.** If you don’t believe you are creative, or that you can solve a specific problem, you won’t be very successful will you? This is the first and more important obstacle that must be overcome.

**Time.** Time sometimes gets in our way, but not in the way you might think. Many times people say if I had more time I would come up with a more creative solution. While this is sometimes true, more often, people spend all their mental energy and focus on the lack of time, rather than on coming up with creative solutions. Use a short time fuse as a spur rather than a hindrance whenever possible. You can also remove this obstacle by planning ahead and giving yourself more time to identify new ideas and approaches.

**Environment.** If you have a space that is overly stimulating (messy, disorganized, dirty or noisy) or under-stimulating (dull, boring, bland) you are risking an obstacle to your creativity. When you have highly creative work to do, if your work area is messy, do it elsewhere. Find a space that makes you feel focused, creative and successful and you will be!

**Focus.** Lack of clear focus robs us of our creative potential. Make sure you clearly understand the goal or problem and then stay attentive to it and you will increase your creativity. Focus is an important aid to your personal creativity.

**Tools.** When doing any task if you don’t have the right tools it will be harder or impossible. Learn the tools and techniques of creative people, and with these approaches you will be more successful. Read a book, search the web, or talk to the most creative people you know – all of these approaches will help you add to your toolbox.



## Obstacles to Personal Creativity (continued)

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**Opportunity.** Creativity is like any other skill; we get better at it as we practice. Exercising your creativity often will help you be more successful. Remove this obstacle by exercising your creativity regularly.



Kevin Eikenberry is a bestselling author, consultant, trainer, speaker, coach, leader, learner, husband and father. He is the Chief Potential Officer of the Kevin Eikenberry Group ([www.KevinEikenberry.com](http://www.KevinEikenberry.com)) and the Creator of the Remarkable Leadership Learning System ([www.Remarkable-Leadership.com](http://www.Remarkable-Leadership.com)), both of which are dedicated to life-long learning and helping Clients unleash their remarkable potential. Interested in becoming the remarkable leader you were born to be? Go to [www.Remarkable-Leadership.com](http://www.Remarkable-Leadership.com) today!

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