

My Personal Coach Trainer – Coach/Trainer – Samuel Sikapizye

Summary:

Many people believe that the goal of any society is progress, however for most of us it is not easy to get used to something new. It takes more or less time for every person to adapt to new environment, even if it is only using a new tool, cooking a new dish or finding a new bus stop. That is the reason why many people cling to the way things are and it is much easier for them to do habitual things.

Any person's every day of life consists of many repeated activities, such as driving car, dressing, eating. People do most of these activities automatically, without much thinking. Automatic operations help brains to avoid unnecessary efforts, but many people also use this natural capability of brain in a wrong way.

They create "cliché" for many activities in their life, use same expressions, eat same food, and go to same supermarkets. People live with same world outlook whole their life. It is clear that in most cases laziness makes them live with "cliché" because it is much easier for people to make habitual things, say habitual phrases and do the same job everyday, then straining the brain, creating something new, and making progress in their life.

However, there are still many activities, which demand creativity, ability to orientate us in new, unusual situations. Life brings us surprises every day, and sometimes it is impossible to be prepared for all circumstances. Economical and political situation of any country in the world transforms every month or year and leads to changes in many life aspects. Today people need to be creative to get ahead, because it is impossible to find favorable work or life conditions, without any changes and unexpected circumstances.

There are not too many people, which think and act creatively. Most of those people are successful businessmen, artists or politicians, because they can effectively use the natural capability of brain to think creatively. **Creative and imaginative** people do not achieve success for themselves only; they also contribute to progress of the society. That is why it is important to train yourself to be creative and get rid of many "cliché" opinions in your mind.

First step to think creatively is to comprehend which activities are indeed in need of "cliché" (such every day simple operations as driving car) and which activities demand creativity (such as work, business, education, upbringing of children).

Second, do your daily activities such as work or family creatively, enrich your knowledge about your business, and find new ways to improve it, do not be afraid to give work to your brain, because in daily life most people use only 4-5% of their brain ability to think.

Last, but not least is to be aware that if you are creative and imaginative person you would not be disarmed by unexpected or unusual life circumstances and changes because you can always find a way to adjust and get ahead in your life.