

## EXPLORING FRESH IDEAS

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Idea is an important part of doing a job. To get a good idea is quite difficult to do yet it is possible. There are times when we lack ideas and that can cause work to be delayed. As work begins to increase, we will feel the pressure more and find it harder to think well. Confusing thoughts will even make it difficult for us to think rationally and creatively. Thus, to solve this problem we need to prepare a plan so that all new ideas can be conveyed well.

Firstly, we need to find an inspiration to generate ideas. Go out for a walk, spend time observing things around us and there may be one of them that can be an inspiration. Next, we can also do activities that we are interested in for example hiking, gardening, volunteer work etc, until we find things that can inspire us. Hence, the inspiration we seek can help in generating ideas for our daily work.

Other than that, do not force our brain to think too much. Set a limit and recognize our strengths and weaknesses. Know that if we are too brainwashed to think, perhaps not a single idea will come to our minds. We can also do something creative and from there brilliant ideas will start to emerge. Then, it is recommended that we set a date and time for each job we want to do. So that, we prepare ourselves to work on time, to be more discipline and to have a good time management.

Besides that, sitting in front of the computer all day will also make our brain saturated. We are encouraged to leave our work area for a while. Thus, taking a rest and breathing in the fresh air outside will calm our minds. We can also do body stretching exercise to get rid of back pain that occurs due to sitting too long. We should not sit for too long (without break) at the workstation because it will limit our ability to think creatively and the body will also become lethargic and lifeless.

In conclusion, there are solutions to solve the problem in getting a fresh idea to complete our work. Among them, we need to find inspiration in generating ideas, stop thinking about work for a while and getting a fresh air in between tasks. When we do all these, it will be easy for us to have thoughtful and fresh ideas. Our minds will be calmer. So, all the delayed work can be solved better and faster. Let's try the tips mentioned above and make ourselves more effective in doing the task.