

A person's silhouette is shown in profile, looking upwards towards a night sky filled with stars and a crescent moon. The person is standing behind a chain-link fence. The sky transitions from a deep blue at the top to a warm orange glow near the horizon, where some clouds are visible. The overall mood is contemplative and dreamlike.

Losing Our Imagination

WHAT DIFFERENCE
DOES IT MAKE?

Where is My Imagination? ©

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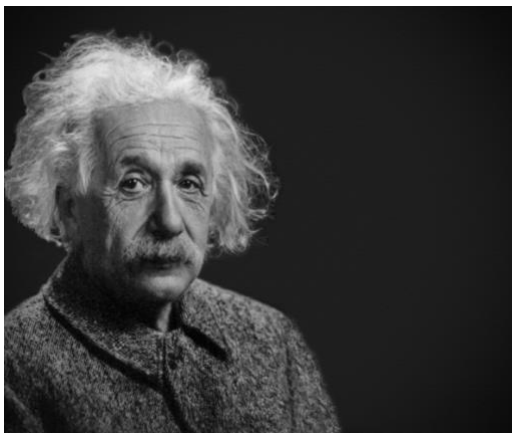
Introduction

Remember the times as a child when you could play for hours and hours with only a few things at your disposal? For me it was a pile of dirt in the yard. That pile of dirt could become any world that I wanted it to be.

As a kid, you often live in the land of make-believe with no limits and no holding back. As you get older, fear of taking risks takes the place of childhood dreams and creativity.

As adults, those who still decide to live within their imagination are deemed irresponsible and impractical. However, imagination can help in your adult life in many ways, and even if you think it is lost, you can find it again. As a matter of fact, many of the most successful people today and throughout history were those with healthy vivid imaginations.

Nobel Prize-winning physicist Albert Einstein, noted as a dreamer and thinker, understood the value of the imagination. He said, “When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.” Einstein called his imagination a “holy curiosity.”



What is Imagination?

According to the Merriam-Webster dictionary, imagination is the "act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality."

In essence, imagination is the ability to see things that do not actually exist in your current life.

As a child, the creative imagination is what takes you to those fantastical places far away from home. The adventures of playing made-up games show creativity at its absolute best. With the innocence of a child, imagination has no limits and, in many cases, no logic.



When you become an adult, the imagination combines with personal experiences to create certain limits and logic. This is why many people can still create ideas for advertisements, books, businesses, and more - but might struggle to come up with out-of-the-box ideas.

How Does Imagination Help Us?

Imagination allows you to stay in touch with a part of yourself that would otherwise be long forgotten. Take a moment to think back to a time as a child when you played in an imaginary world of your own creation. Are you smiling as you think of it?

The creative mind shows ways of doing things that you might not have been able to do if left to your own workhorse brain. Imagination helps hone those creative skills in many ways. It pushes us beyond barriers we often erect in our own mind.

Imagination Gives Way to the Optimist

Using your imagination is the difference between living to work and working to live. (Which one of these are you?) People often strive to find that perfect work/life balance, and very few find it. When you use your imagination, you can find ways to make this balance become a reality.

The person that lives to work is often seen as a pessimistic person. They are often of the opinion that, in life, responsibilities are the most important thing, and there is not much room for anything else. Therefore, they work, pay bills, and go through the same mundane routines day after day, week after week, and year after year.

On the other hand, an optimist is a person who is said to work to live finds ways to incorporate other things that bring them joy. While they have responsibilities, they prioritize spending quality time with family and friends and doing their hobbies. They live in the moment and thoroughly enjoy those times.\

Imagination Gives You Passion

When you think about someone who has a passion for something, they are often discounted and viewed as impractical. Often, these people are dismissed as not

living in reality and will never amount to anything. Many people say they are living with their heads in the clouds.

Many people strongly believe that the opposite is true. Those that are passionate about life are typically those who have not lost touch with their imagination. This passion sometimes leads to those phenomenal ideas that can turn into multimillion-dollar business ventures. Because of this, those that harness the power of their imagination tend to go far in life.

Imagination Allows Escape

Sometimes life is not all it is cracked up to be. There is so much negative in the world. From news stories of murder and war, life can get you down. If you are not careful, you will find yourself living in this dreadful part of life without much of an escape.

Your imagination can lead the way out of this hopelessness life can throw at us. It is up to the individual to ensure they have ample time away from the reality of life. Some habits or hobbies can open up a world of possibilities for many people. Whether you read, write, craft, participate in sports, or binge-watch television, finding something to keep your mind off things is helpful.

Imagination Helps to Think Outside the Box

When it comes to making choices in life, adults tend to stick to the routine. Stepping outside of the normal is as uncommon in adulthood as staying inside for a child. Sometimes taking a different approach can be enlightening.

Thinking outside the box can lead to new creations and new inventions. Creativity comes from looking at things from a different perspective. Many of the modern advances in technology today came from someone using their imagination to change something mundane.

Why Do We Lose Touch with Our Imagination?

As a child, some of the biggest responsibilities come in the way of household chores. The fears some may experience are put to rest by a parent's love and reassurance. However, as adults, the responsibilities grow, and fears tend to set in without the protection of a parent.

People often lose touch with their imagination around the same time these begin to set in. It is often put into the minds of young people that they need to be thinking about their future. These futures include ways that will allow them to take care of themselves and future family members.

Misguided Beliefs

Are these values wrong? Often these ideals are not so much wrong but misguided. It has become a tradition to encourage those getting ready to graduate high school to pick a college and a career path. Many times this can lead to making more "logical" choices as opposed to following their dreams.

Fear of the Unknown

Another reason people lose touch with their imagination is once you are made aware that things in life can be lost, it can make you afraid. Taking certain risks can lead to failures. It is sometimes easier to live in a bubble and not take those chances. Fear of the unknown is a real emotion that can cause you to lose sight of what could be.

Conformity

In some ways, the adult world causes people to conform to certain beliefs and specific schools of thought. As a child, you do not typically know the expectations thrust upon you as you grow up. When you become an adult, the clear intentions as to what you should and should not be doing are astronomical. This, in turn, can stifle your imagination.

How Can We Find It Again?

If you believe that you have lost your imagination, there is no reason to worry. There are many ways you can find imagination again. A mind is a powerful tool, and if you spend time working on the areas of the thinking process that challenge you, you can get back in touch with your creative side.

It is important to ensure that you are doing things daily that will challenge your inner creativity. The more you can do outside your normal routine, the more you will foster your imagination.

There are several other simple things you can do to find your imagination:

Read

Reading is a great way to open up your mind to new possibilities. Reading is especially mind-opening if you are reading fiction or any other genre different from your personal experiences. When you read, you can imagine a world that is somewhat different from your own, which, in turn, can cause you to think about things you might not have been able to before.

Reading fiction can catapult you into a world that is fantastical and mysterious. This has a way of allowing you to escape from the reality of life that is stressful and, in some ways, disappointing. Taking a little time each day to read has a great effect on your ability to think creatively.

Visualization

Visualizing the future you want is a great way to ignite your imagination. Another word for this habit is daydreaming. When you allow yourself to see a different life from what you currently have, you open yourself up to many possibilities.

When you find yourself at a standstill in your life's adventure, it is always a good idea to use the time to your advantage. Using your imagination on the people and things around you can trigger your creativity. Take a moment to imagine these people and things and what they may be thinking or their purpose. These exercises could one day help you get past this standstill.

Playtime

Playtime is not just for children, although not many people would agree. The type of play may not look like the playtime of a three-year-old, but it is just as important. For adults, playing looks much different.

The idea of play as an adult has more to do with finding joy in the act of doing your everyday activities. The idea is just letting yourself go and living in the moment. For example, when leading a staff meeting, you can bring in play by creating an ice breaker activity that is more fun than serious.

Quiet Time



Another activity that can help you to reunite with your imagination is meditation or as I prefer to term it, quiet time. When you take the time to be alone and quiet with yourself, it allows you to really listen to your inner thoughts and desires.

Many people believe that a person's morning routine should include meditation or quiet time. This is because the quiet time allows your mind to recharge without distraction, and it sets the tone for the day. Being able to take a step back is a great way to ignite your imagination.

Conclusion

Overall, although imagination is believed to be childish and irresponsible as we grow older, it can actually open you up to a world of possibilities.

Allowing yourself time each day to let your imagination run wild can help you tap into the creativity you need to make strides in your life. At the end of the day, if you feel you have lost your imagination, it is important to take steps to help you find it again.

“Imagination will often carry us to worlds that never were. But without it, we go nowhere.” --Carl Sagan



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https://bit.ly/imagination_regained
to further reignite the power of your imagination.