

How to Enhance your Capacity for Imagination

By Crystal Vaughan

Albert Einstein once said, “Knowledge is limited, imagination encircles the world” (Einstein, A. qtd. in Jain, 2022, para. 13). Not only is imagination the basis of every book on library and bookstore shelves, but it is also the way in which we construct the world around us. What we do and what we become all begin with our thoughts (Jain, 2022). Therefore, fostering imagination in teens can allow them to make better decisions, help them discover their passions, and pave the way for who they will become as adults (Jain, 2022).

Jimmy Jain from *Forbes Magazine* (2022) suggests five ways you can open your mind to become more imaginative. First, take time to reflect on your life. This could be as simple as taking a few deep breaths, going for a walk, reducing screen time, or listening to some music. Second, ask open questions that will make you think deeply and explore possibility. Third, look for unexpected outcomes. Jain (2022) explains that concepts or outcomes that don't fit into our regular thought processes leads us to rethink and reframe our thoughts, which can lead to new ideas or opportunities. Fourth, stay hopeful. Remaining hopeful about our future and our goals feeds our imagination. Hopelessness is where imagination goes to die. And, lastly, Jain (2022) says to experiment and take chances. Taking a different approach on a familiar task can result in unexpected outcomes and inspire new thoughts.

Jain (2022) also believes that once you have enhanced your capacity to imagine, it will help you stay focused on your goals. He calls this the “DEW Method” (Jain, 2022, para. 8). *D* stands for “Desired Future State” (Jain, 2022, para. 9), which is where you visualize what you

want to accomplish. This includes visualizing how accomplishing this goal makes you feel, and how it changes your life (Jain, 2022). *E* stands for “Enablers For The Future To Be Present” (para. 10). This is where you determine the steps you need to take to reach your desired future state (Jain, 2022). Break your larger goals into smaller goals that are easier to accomplish but will build on each other; these are your enablers. Lastly, *W* stands for “Working Toward Your Definition of Achievement” (para. 11). This is the step, Jain explains, where you take specific and results-driven action (2022). Jain states that “we are what we believe ourselves to be” (para. 13) and the DEW Method is the blueprint of how you use your imagination to get there.

So don't be afraid to do that meditation, take a walk outside, put your phone in another room or in a drawer for a while, or make yourself a vision board of who and where you want to be. Begin to dream again as you let your imagination take you places.

References

Jain, J. (2022). *How to Effectively Capture The Power of Imagination Using the DEW Method*.

Forbes. <https://www.forbes.com/sites/forbescoachescouncil/2022/09/22/how-to-effectively-capture-the-power-of-imagination-using-the-dew-method/?sh=3c212d8a3162>