

## Lateral Thinking

Lateral thinking is a term that was coined by author Edward de Bono. Essentially, thinking laterally means to find new perspectives and new ways to address challenges. Many have categorised this perspective into 7 techniques:

- Alternatives: Look for different ways to solve problems
- Focus: Train your brain to think more clearly
- Challenge: Think in nontraditional ways
- Random entry: Be open to different lines of thought
- Provocation: Turn a provocative situation into something useful
- Harvesting: Choose the best of your new ideas
- Treatment of ideas: Alter ideas to fit different scenarios

**Developing Curiosity.** A key component in lateral thinking is curiosity. An inquisitive mind is more likely to be able to adapt to the core principles of lateral thinking. In order to be able to think outside the box, you need to learn to spark your own curiosity.

**Asking questions.** Creative (or lateral) thinking depends on your willingness to ask questions. Train your brain to start questioning information as you process it. You can apply this to things you read, watch, and conversations.

**Introducing puzzles.** Lateral thinking won't happen overnight. It will take time to train your brain. In addition to being curious and questioning, you can help the process by engaging in certain activities, like puzzles. For Eg. If you got 9 balls with you. How will you figure out which one is heavier in 2 attempts using a weighing scale.