



Shhhhh.

Close your eyes and list 10 sounds you can hear...

habit

Capture

Draw something in front of you

habit

Breathe.

Use the box breathing device. Repeat three times.

habit

Get uppp

Take a small 2-minute walk around the room. Pay attention to how your body moves.

habit

Touch grass

Find two contrasting textures near you, like rough wood and smooth paper. Touch them carefully.

habit

Stretch

Interlace your fingers, turn your palms outward, and reach as high as you can for ten seconds.

habit

Map it

Draw a quick map of a place you remember well

habit

Reach out

Call/text someone you've been meaning to

habit

Get it over

Complete one task you have been avoiding

focus

Restrict

Set a timer on one distracting app

focus

Clean-up

Close all unessential tabs and applications

focus

Single Stream

Pick one song. Play it on loop for the next 30 minutes. Let the repetition become a wall against outside noise.

focus

Surface Sweep

Clear everything off your desk except for the tools you are using right now.

focus

Notification Kill

Put your phone on dnd until you complete the next task

focus

Paper Draft

Step away from the screen for five minutes. Use a pen and paper to sketch your next step before you touch the keyboard again.

focus

To-do

Quickly make a rough to-do list for the next hour

focus

Brainsparks

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Worst out first

Blurt out top 10 worst ideas

brain



Simplify

Explain your current problem out loud as if you were talking to a five-year-old.

brain



Key component

Identify the most important component, then remove it. What happens?

brain



Morphing

Pick something random, how would that form/object work in your scenario

brain



Eliminate the obvious

List 20 most obvious answers

brain



Speed Sprint

Set the stopwatch for 2 minutes. Write down 20 variations of one small detail.

brain



Scale/Material/Colour

Switch up these traits drastically and study the changes that would follow.

brain



Empathise

Perform one physical action related to your task (typing, sketching, clicking) in extreme slow motion for one minute.

brain



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Reflect & Deflect

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The Friction Point

What was the single most frustrating part of this session? How could you avoid it tomorrow?

reflect



Simplify

Explain your current problem out loud as if you were talking to a five-year-old.

reflect



Weakest Link

Spot what has been highly overlooked yet.

reflect



Contradictions?

Go for a quick search for any contradictions in your vision/ideology and progress.

reflect



Appreciate

List 5 things that went right.

reflect



Clear the Cache

Write down one thing that happened during this session that you didn't want or plan for

reflect



Clear the Cache

Write down one action you think you should have taken but didn't

reflect



Empathise

Perform one physical action related to your task (typing, sketching, clicking) in extreme slow motion for one minute.

reflect



How was your pace

Did you rush through the easy parts or drag through the hard ones? Where you could you have slowed down.

reflect



Scan

Scan your body from head to toe. Where are you holding stress that doesn't belong to a task? Breathe into that spot and let it go.

reflect