

# WORKBOOK

PRACTICE THIS EXERCISE AS OFTEN AS POSSIBLE TO STRETCH YOUR IMAGINATION, THINKING AND CAPABILITY.

<h1>P</h1>	<p><u>PREAMBLE</u></p> <p>WHAT DO I NEED?</p>	<p>TOOL: MINDMAP OBJECT: ANY OBJECT. FOCUS ON A 3 INCH BY 3 INCH PORTION OF THAT OBJECT. OBSERVE PARTICIPANTS: USUALLY A SOLO ACTIVITY TIME: 15-60 MINUTES SUPPLIES: PAPER (THE BIGGER THE BETTER) AND PEN</p>
<h1>1.</h1>	<p><u>FOCUS</u></p> <p>PLEASE ONLY DO THIS ACTIVITY IF YOU ARE COMPLETELY AVAILABLE TO DO IT.</p>	<p>FOCUS ON AN OBJECT -3 INCHES BY 3 INCHES. IT COULD BE ANY OBJECT, A LEAF, A STONE, A PIECE OF PAPER, BOOK, ETC. BUT ONLY A 3-INCH BY 3-INCH PORTION OF IT. NOW GET YOUR LARGE PIECE OF PAPER AND IN THE VERY MIDDLE OF IT, WRITE THE FIRST THING THAT COMES TO MIND. THIS WILL BECOME YOUR CENTRAL THEME. DON'T THINK TOO LONG. YOUR THOUGHTS WILL DEVELOP AS YOU PROCEED. AND DO NOT ERASE ANY THOUGHTS EITHER. JUST LET YOUR THOUGHTS FLOW.</p>
<h1>2.</h1>	<p><u>EXPAND</u></p> <p>ENCOURAGE EXPANSIVE THINKING</p>	<p>CHALLENGE YOURSELF BY ASKING, "WHAT ADDITIONAL THOUGHTS &amp; IDEAS CAN BE INCORPORATED INTO THIS CENTRAL THEME?" JOT DOWN IDEAS THAT EXTEND FROM THE CENTRAL THEME, WITHOUT CONCERN FOR THEIR COMMONNESS, UNIQUENESS, UNRELATEDNESS, OR PREDICTABILITY. ALLOW YOUR THOUGHTS TO FLOW EASILY. EXPAND ON THE CENTRAL THEME IN ALL DIRECTIONS. DO NOT WORRY ABOUT ORDERLINESS. JUST WRITE DOWN YOUR THOUGHTS AS THEY COME TO YOU.</p>
<h1>3.</h1>	<p><u>NEW CONNECTIONS</u></p> <p>STIMULATE NEW CONNECTIONS</p>	<p>IF AN IDEA SEEMS LIKE A BIG ONE TO YOU, DRAW A RECTANGLE AROUND IT. THE WHOLE POINT IS TO GENERATE INSPIRATION FROM FRESH IDEAS. IF YOU BELIEVE A PARTICULAR NOTION WILL GIVE RISE TO AN ENTIRELY NEW CLUSTER OF IDEAS, EMPHASIZE ITS SIGNIFICANCE BY ENCLOSING IT WITHIN A BRIEF RECTANGLE OR OVAL SHAPE, HIGHLIGHTING ITS ROLE AS A SUB-CENTRAL THEME.</p>
<h1>4.</h1>	<p><u>MOMENTUM</u></p> <p>MAINTAIN MOMENTUM</p>	<p>PERSEVERE IN THE PROCESS. AS YOUR CONCEPTUAL MAP PROGRESSES, YOUR MIND WILL BECOME MORE RECEPTIVE, LEADING YOU TO EXPLORE NOVEL, UNEXPECTED, AND DISSOCIATIVE IDEAS.</p>
<h1>5.</h1>	<p><u>COMPLETION?</u></p> <p>DETERMINE COMPLETION. OR LEAVE IT FOR REFLECTION ON ANOTHER DAY</p>	<p>CONCLUDE THE EXERCISE WHEN THE PAGE IS FILLED WITH IDEAS OR WHEN THE FLOW OF IDEAS DIMINISHES. IF YOU'RE FEELING UNSATISFIED, CONTINUE THE EXERCISE ON ANOTHER SHEET, OR ATTEMPT RE-FRAMING THE CENTRAL TOPIC AND START ANOTHER MIND MAPPING SESSION TO ATTAIN A FRESH PERSPECTIVES. IF YOU FEEL YOU HAVE GENERATED ENOUGH IDEAS, CONTEMPLATE WHICH ONES YOU WOULD LIKE TO FURTHER PURSUE.</p>



NOW, WITH A BIRD'S-EYE VIEW,

1. TAKE A MOMENT TO LOOK AT THE BROADER MAP YOU HAVE CREATED.
2. TRY TO GAIN A BROADER PERSPECTIVE BY EXAMINING THE ENTIRETY OF THE CONCEPTUAL MAP YOU HAVE CREATED.
3. REFLECT ON THE INSIGHTS AND CONCLUSIONS THAT CAN BE DRAWN FROM YOUR RECORDED THOUGHTS.
4. IDENTIFY ELEMENTS THAT APPEAR NOVEL OR UNEXPECTED. CONNECT IDEAS WITH EACH OTHER THAT MAY BE SIMILAR.
5. EXPLORE ANY CONTRADICTIONS OR GAPS WITHIN INDIVIDUAL SECTIONS OR ACROSS DIFFERENT AREAS.
6. OBSERVE ANY UNFORESEEN PATTERNS THAT MAY EMERGE.
7. PAY ATTENTION TO ANY UNDERLYING HUMAN NEEDS THAT MAY SURFACE DURING THIS ANALYSIS. EXPLORE THOSE FURTHER. THIS MAY LEAD YOU TO DISCOVERIES IN YOUR OWN STYLE OF EMOTIONAL INTELLIGENCE AND EMPATHY.
8. THE BEST PART IS THIS. TRY TO ARTICULATE YOUR MAP TO SOMEONE YOU TRUST AND GET THEIR FEEDBACK.

REMEMBER THAT THE KEY IS TO GENERATE ORIGINAL IDEAS BY LEVERAGING YOUR UNIQUE THOUGHT PROCESSES AND AVOIDING THE USE OF PRE-EXISTING CONTENT.

SAMPLE MIND MAP

