

Divergent Thinking Training Program Day Four

This is the fourth day of a seven-day program that will improve your ability to generate multiple creative solutions to problems big and small. You will practice two divergent thinking tasks each day for seven straight days. So far you have been generating ways to use different household items or to generate multiple names in a specific category. Today, we will add another type of task to your repertoire. Each task will take you three minutes for a total of six minutes per day.

You will need a stopwatch or timer, a piece of paper, and a writing utensil.

Do NOT look at the next page until you are ready to begin the exercise!

After this exercise I felt (circle one)

Exhausted

Energized

Task #1

Set the timer for three minutes

Now write down all the uses for a *radio antenna* that you can think of. Don't stop writing until the timer sounds. When you hear the timer, put down your writing utensil and turn the page.

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- 25) _____

Task #2

Set the timer for three minutes. Your report on the mating habits of golden beetles was due on your boss's desk at 3 pm. You have not completed the report. Write down all the creative excuses you can think of to tell your boss. (Note that you are not limited by honesty here!). Don't stop writing until the timer sounds. When you hear the timer, put down your writing utensil.

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- 23) _____

Now check how you're feeling mentally. Did the exercise energize you or exhaust you? Record your answer on the first page of this Program. Don't forget to continue with Day Five of the Program tomorrow. Make sure that you don't look at the Tasks until you're ready to do the exercise!