

## **Divergent Thinking Training Program Day Five**

This is the fifth day of a seven-day program that will improve your ability to generate multiple creative solutions to problems big and small. You will continue to practice two divergent thinking tasks each day for seven straight days. Each task will take you three minutes for a total of six minutes. You will need a stopwatch or timer, a piece of paper, and a writing utensil. After you finish today's exercises, at some point during the day think about a real life problem or dilemma you're having, and try to think divergently about it. Can you come up with several solutions – even if they're somewhat impractical?

**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 *fork* 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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## ***Task #2***

Set the timer for three minutes. Scientists have discovered a way to beam objects from one place to another with a special particle converter. List all of the consequences that you can think of for this new scientific discovery. Don't stop writing until the timer sounds. When you hear the timer, put down your pen.

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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 Six of the Program tomorrow. Make sure that you don't look at the Tasks until you're ready to do the exercise!