

Divergent Thinking Training Program

Day One

This is the first 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. 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 *hammer* 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.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
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- 17) _____
- 18) _____
- 19) _____
- 20) _____
- 21) _____
- 22) _____
- 23) _____
- 24) _____
- 25) _____

Task #2

Set the timer for three minutes

Now write down the all names of *flowers that have red blossoms* that you can think of. Don't stop writing until the timer sounds. When you hear the timer, put down your writing utensil.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
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- 21) _____
- 22) _____
- 23) _____
- 24) _____

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