

## **Divergent Thinking Training Program Day Seven**

This is the last day of a seven-day program that will improve your ability to generate multiple creative solutions to problems. You have been practicing two divergent thinking tasks each day for seven straight days. Hopefully, you are beginning to find it easier to generate lots of answers to open-ended problems! When you are finished with today's exercises, look back over your seven days of work. How many more answers can you think of for the earlier tasks? Can you think of situations in your life where it will be helpful to use divergent thinking? For your exercises today, you will once again 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

Think about your answers to this question over the past week. Have you begun to find the exercises more energizing? More exhausting? What does any change in your level of energy or exhaustion tell you about changes in your ability to activate the *Connect* brainset?

## ***Task #1***

Set the timer for three minutes

Deer have begun migrating to your neighborhood, and they're eating all your shrubs. List all of ways to handle this situation that you can think of. Be creative! 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. You've just found out that your boss is stopping by for dinner in about forty minutes. What can you do to make sure your boss leaves satisfied? List all the possibilities that you can think of. Be creative! Don't stop writing until the timer sounds. When you hear the timer, put down your pen.

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Congratulations! You've completed this Divergent Thinking Training Program! But you don't have to stop here! Think of your own divergent thinking tasks and continue to practice generating multiple answers to problems. The more you exercise the easier it will become to generate novel and creative possibilities!