

Divergent Thinking Training Program Day Six

This is the six day of a seven-day program that will improve your ability to generate multiple creative solutions to problems big and small. You will again practice two divergent thinking tasks. 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.

Again, at some point during the day today, 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 *paper napkin* 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) _____
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- 14) _____
- 15) _____
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- 17) _____
- 18) _____
- 19) _____
- 20) _____
- 21) _____
- 22) _____
- 23) _____
- 24) _____
- 25) _____

Task #2

Set the timer for three minutes. Your significant other gives you two tickets to a basketball game for your birthday. You hate basketball. 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 pen.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
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- 21) _____
- 22) _____
- 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. You're almost finished! Don't forget to continue with Day Seven of the Program tomorrow. Make sure that you don't look at the Tasks until you're ready to do the exercise!