

DIY Unexpected Venn

Start by drawing 3 circles, like a VENN on your sheet. Add one thing from each column below to write in each circle. Commit to accomplish all three selections by this time next week.

Venn A: IMAGITIVATION

- **Start taking notes.** Consciously observe every mission you work, watch how your different leaders handle situations- start a doc on your phone. Consider every mission a mini-masterclass in leadership philosophy. Imagine how you would handle the scenarios.
- **Ask to shadow** or have a coffee with a leader you respect. Ask real questions.
- **Morning Pages** (Activity from 'Artists Way'). First thing every morning, write three pages of whatever is in your head. Different from journaling because you can throw it away afterwards. Clears the mental space, shows you where you might be fixating.

Venn B: PLAY

- **Imagine** you're back to school age but with all your adult resources. A friend reaches out and asks if you want to play. What's the first thing you propose y'all do?
- **Pick an activity from ACCIDENTAL CREATIVE**
 - Idea Time: 1 hour a week, just thinking of ideas, unconnected to current projects. Warming up the brain regularly. Commutes are lovely for this.
 - Unnecessary creating: Physical creation. Play with the settings on pictures in your phone, hot glue something with cardboard, make up a dance, build a fort- pick something to connect to play personality if possible.

Venn C: IMPROVE INPUTS

- **Reduce the PING** (Continuous Partial Attention) We don't allow ourselves to be bored. The urge to look at our phones is strong and constant- standing in line, killing time scenarios- how many times can you forgo looking at your phone when you feel the draw? Challenge number daily. (Think about feeling when you notice and then deny this urge.)
- **REDUCE JUNK FOOD INTERNET INPUTS.** Internet- you are into everything, but you are into nothing. Bo Burnham- "Could I interest you in everything all of the time"
Put 5-10 minute timer locks on your social media apps.
- **Once a day, or week, or month-** Put yourself into a new situation, engage with a new person in conversation, go to an exhibit, challenge a buddy to build playlists for each other without any songs you think they know, ask a friend with a hobby you don't do to share a lesson. This doesn't have to be a huge time commitment- finding small ways to fight your own patterns helps to generate momentum that encourages larger leaps later.