

What might you do differently in your work?

- Model and praise curiosity
- Be sure to take active breaks -- go for walk, etc.
- Step away for a minute when it gets frustrating
- Walk around to ask questions of co-workers
- Take more breaks -- step away
- Be willing to look at things in a different way--from confusion to curiosity
- Not feel guilty about breaking away
- Sing more
- Not feel that I must put on my AP hat...
- Encourage more whole mind thinking - more questions, more moving around
- Not stress if I DON'T have an insight
- Recognize the value of funky problem-solving, i.e. going to shelve books for a while
- Collect more jokes from 7 year olds
- It'll come eventually
- Nap!
- Close my eyes
- Try and think about best or better vs right and wrong
- Allow more time for reflection
- Reflect on when I need to use analysis and when I need to use insight methods
- Ask people who aren't involved what they see as the issue (do this more)
- Recognize others who are having insights that I didn't find
- Pay more attention to the "confusion" feeling that it might be an insight problem...
- Trust self-processing more
- Stop the frustration spiral; recognize it better now that I have that model in my head.
- Walk away and recognize why I am walking away