



## Stretch-ercises™

### GETTING INTO THE HABIT OF GETTING OUT OF THE HABIT!

Stretch-ercises™ are easy-to-do activities that take you off autopilot and push you to do life differently. Think of this as cross-training your brain in order to become intentional about your creativity. Do Stretch-ercises™ daily, and we promise you'll feel a new energy in your life.

*"The human mind, once stretched to a new idea, never goes back to its original dimension." - Oliver Wendell Holmes*

#### PRACTICE THIS QUALITY

1. Comfort with Novelty and Change

2. Generating "Next Right Answers"

3. Living With Complexity

4. Awareness

5. Curiosity

6. Improvising

7. Doing Life Differently

8. Stimulating the Right Brain

9. Honoring Ideas

10. Upside-Down Thinking

#### BY TRYING THIS STRETCH-ERCISE™

Move your watch, ring, keys, cell phone, etc. to a new place ... regularly.

Brainstorm 25 alternative uses for a toothpick, TP roll, newspaper, rubber band, etc.

Do puzzles. Count to 100 by 2's and 3's at the same time (2/3, 4/6, 6/9...) Or up by 2's and 3s and down by 4's and 5's.

Identify all the geometric shapes you can see from wherever you are now.

Come up with uncommon answers for why traffic is slow, why school is closed, why it's foggy today, etc ... How Come?

Carry on an imaginary conversation between a fishing lure and a fish; a bee and a flower; a racket and a ball.

Take a different route home. Dial phone calls with your non-dominant hand. Sit in a new place. Check out a different style of music or a different political point of view. Sleep in a new place or position. Read the paper in a different order.

Introduce color into your routines. Use colored pens or pencils as well as colored paper and clips if possible.

Practice telling what you like about an idea before expressing any concerns you might have.

Invent some impossible ideas for products, services, or changes in your own life.

You can log onto our website for a daily Stretch-ercise™