

Toolkit 1 - Learning Unit 2

Pre-Intervention

Activity 4 – Creative Thinking



Training

Activity 4: Creative thinking

MAKING CHOICES Part of life is being able to strike a healthy balance between our needs and our wants. It's also about focusing on what we consider to be truly important. Imagine you can have any 3 things that you want. In return you must give away three things that you already have. What do you want and what will you give away, and why?

What I Choose to Have

1. _____
2. _____
3. _____

I would want these things because:





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What I Would Give Away

1. _____
2. _____
3. _____

I would give up these things because:

Look at things from a new perspective

Edward de Bono, an author and expert in the field of creativity and lateral thinking, said, "Creativity involves breaking out of established patterns in order to look at things in a different way," which is the inspiration for this exercise. Pick a relationship in your life that is challenging, whether it's with a loved one, friend, or colleague, and look at things from that person's point of view. You don't necessarily have to accept it as truth, but practicing taking on that person's perspective will not only exercise your brain, but will help you develop the ability to look at things in new and different ways.

Write down the question you're trying to answer

If something has you stumped, grab a piece of paper and write the question down at the top. Be as specific as possible. Then write down any and all potential solutions, no matter how ridiculous or "wrong" they may seem. Do this for five minutes every day as a way to focus, stretch your thinking, and stimulate your subconscious.

Lets try it now:

Your question: _____



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**Psychological
Early
Intervention**

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Potential solution

1. _____

2. _____

3. _____

4. _____

5. _____



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