

Slow Create Canvas

<p><u>Problem / Idea Area</u></p>	<p><u>Factors</u> Blockers, constraints, forces</p>	<p><u>Actors</u></p>	<p><u>Inspirations</u></p>
<p><u>Patterns</u></p>	<p><u>Details</u></p>		<p><u>Secrets</u></p>
<p><u>Unsolved</u></p>	<div style="border: 1px solid gray; padding: 10px; background-color: #f0f0f0;"> <p><u>The Mindless Work LADDER</u></p> <p>Climb down the LADDER while performing <i>mindless work</i>.</p> <p>Mindless work: Quietly walk/run, relax in a hammock, enjoy an easy hobby, take a shower, fold laundry, go bird watching, play an instrument, take a quiet car ride, golf alone, organize/sort items, (10-60 min).</p> <p>LADDER:</p> <p>LOOSEN Ease your grip on the details of the unsolved.</p> <p>ANTENNA Become an antennae; listen to the quiet; not overly eager; avoid frustration; ok with any result.</p> <p>DAYDREAM Fun and light ideas; nothing heavy.</p> <p>DRIFT Mind wanders from the problem domain. This is where the default network can start firing. Nibbles of synthesis may take place. Give the most time to this phase.</p> <p>EMERGE Break the circuit and consciously return to unsolved.</p> <p>RECHARACTERIZE Introduce the nibble of synthesis to the unsolved; Watch for inflections.</p> </div>		<p><u>Nibbles of Synthesis</u></p>
<p><u>Inflections</u></p>			