

Mindless Work LADDER

The Mindless Work LADDER

Climb down the LADDER acronym, while performing mindless work.

Mindless work (10-60 min):

*Quietly walk/run, relax in a hammock, enjoy an easy hobby...
Take a shower, fold laundry, go bird watching, play an instrument...
A quiet car ride, golf alone, organize/sort items...*

*Loosen----- Ease your grip on the details of the unsolved.
Antennae----- Become an antennae; listen to the quiet; not overly eager; avoid
frustration; ok with any result.
Daydream----- Fun and light ideas; nothing heavy.
Drift----- Mind wanders from problem domain. Default network starts firing.
Nibbles of synthesis may take place. Give the most time to this phase.
Emerge----- Break the circuit and consciously return to unsolved.
Recharacterize--- Introduce the nibble of synthesis to the unsolved; Capture inflections.*

