

Find options

Ask yourself (and others) basic questions:

Why? Why? Why? Why? Why?

(five times in a row,

try to respond differently every time)

Why not? Why don't...?

How? How many?

Where? Who? Whom?

Whose? What?

When? What...for?

Which? How far?

How long? How many?

How much? How old?

You need ideas

to solve a problem

Look at the photos around you
and try to find solutions from them.

Limit yourself

Use only vital or limited tools.

To become better at something,
limiting yourself can make you more skilled,
more aware of the basics.

Take what you have

Don't go to the grocery store for a week.
Try to create meals of what you have at home.

Do the opposite

Do you normally think to much? Act immediately!

Do you normally ask others a lot of questions? Don't! Decide for once yourself.

Do you normally act to quickly? Ask more questions and think before acting.

Are you normally very quiet? Talk to everybody about anything for a day.

Do you normally talk a lot? Be silent for a day.

Do you normally help others? Don't! Ask them for help!

Become more aware

of yourself & your surrounding

Say "NO" a whole day

Say "YES" a whole day

Say "MAYBE" a whole day