

CREATES BRAINSETS

Your Creative Brain by Shelley Carson

<p>CONNECT DIVERGENT THINKING: defocused state of attention that allows you to see connections between objects of concepts that are disparate in nature--generate multiple solutions instead of focusing on one, making mental associations</p>	
<p>REASON EXECUTIVE FUNCTION: manipulate information to solve a problem, purposeful planning, establishing goals, abstract reasoning, decision making</p>	
<p>ENVISION VISUALIZATION: thinking visually, see patterns, imagination, mental imagery</p>	
<p>ABSORB MINDFULNESS: take in new knowledge, being aware, noticing</p>	
<p>TRANSFORM MOOD: dissatisfied or distressed state of mind, vulnerability, motivated to express anxiety/hope, moved to make a change</p>	
<p>EVALUATE JUDGE AND ELIMINATE OPTIONS: judge the value of ideas, behaviors, etc., have a critical eye, form and use criteria</p>	
<p>STREAM FLOW STATE: Improvisation, elaboration, working steadily</p>	