

# how to cultivate a creative + growth mindset



## DAY TWO ✦ GET HANDS-ON

Ever wonder why great ideas happen or problems you've been working on get solved while you're driving your commute or taking a shower? Science tells us it is a combination of a relaxed state of mind, release of dopamine and distraction from the challenge at hand.

Today you'll be intentional about making time this kind of resourceful thinking.

Assignment –

Instead of loading the dishwasher after an evening meal, wash the dishes, pots and pans by hand. This exercise slows down your busy mind, brings you into the present moment and puts you into a state that opens you up to the possibility of new ideas and solutions.

Take a moment to write down any solutions that came to mind.

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