

# STEPPING AWAY

10 second to multi-hour practice to access creative insights by releasing mental effort

## PURPOSE:

- Break free from rigid thinking patterns and mental blocks
- Allow your unconscious mind to work on problems in the background
- Create space for unexpected connections and insights to emerge
- Access your brain's natural problem-solving capacity through relaxation

## HOW TO:

- 1 Recognize when you're stuck** or striving in problem-solving or overthinking
- 2 Deliberately disengage** from the problem by shifting to a different activity
- 3 Trust the process** and allow your mind to wander and relax without forcing solutions

*Some of our best insights come when we stop consciously trying to find them. As counterproductive as it may feel in the moment, like Archimedes in his bathtub, breakthrough moments often arrive when we step away from direct effort and allow our minds to relax and make fresh connections.*

