

Perspicacity Walk

Even though this concept is not new to me, it is indeed helpful. It is a normal part of my life to go on walks a few times a week, especially in the last couple of years since we got two daughters. I often use this time to think through stuff or talk with my wife about specific things but to tie it specifically to a work problem is something that I didn't do. It was a good experience to take a problem/question and think intentionally about it while walking. I am fortunate to have a few walking trails right behind my house, where I can be by myself in the forest. It is fascinating to see the power of nature at work! As soon as you get your eyes off the screens and all the noise quiets down, you get the blood moving again and see how much clearer you can think!

Definitely this is something I will implement and try to use it to get clarity and answers. Thank you professor for the good tip!