

ASSIGNMENT (15 MINUTE WALK)

1. Decide on a question to help you either solve a problem or find new big-picture opportunities.

The question is quite personal.

2. Go on a 15+ min walk

I went for a walk for more than 15 minutes (more like 30), without headphones, and alone.

3. Record your insights

I've been brainstorming many possible solutions, and writing them down.

Many of the solutions were not that good.

I took the best ones, wrote them into top 5 category.

Analyzed the best one.

4. Act on your insights as quickly as possible

Started.

5. Share your experience in the Agoge Chat

It was a quite good feeling. I was able to brainstorm solutions. Also, I would recommend you to do it alone, and without headphones. That way, you will have a clear thinking, and will be able to brainstorm better solutions.