Tune in and Listen

Before you listen, write down a few things in your life or work that could use some inspiration – a project, a problem you want to solve, or some place you are feeling stuck.

While you listen, jot down things you find intriguing, quirky, curious, or otherwise inspiring.

Reflect

After listening, combine those earlier elements to create an explosion. Choose one idea from each bubble and put them side by side. What can you create here? What do they make you think of? What’s the new idea?

Creative Listening by IDEO