

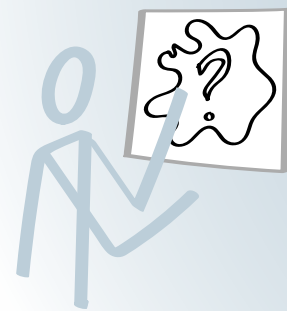
# HOW TO EXTEND YOUR MIND

3 ways to think beyond your head

Listen to your body.  
What information does that give you?



Move when you reflect on something. Moving makes you think better.



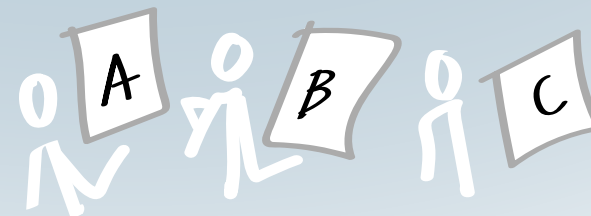
Gesture when you want to grasp or explain a complex topic. It helps if you have something to gesture at, like a model or a map.

You do not only think with your head,

you also think with your **BODY**,

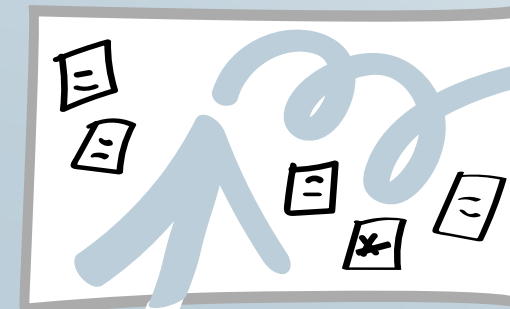


When you think together - let everybody map out their idea. Create room for all ideas.



Explore different perspectives. Also investigate your own. Argue constructively.

Externalize your thinking on paper. Make space and allow for movement of the different parts - for instance by using post-its.

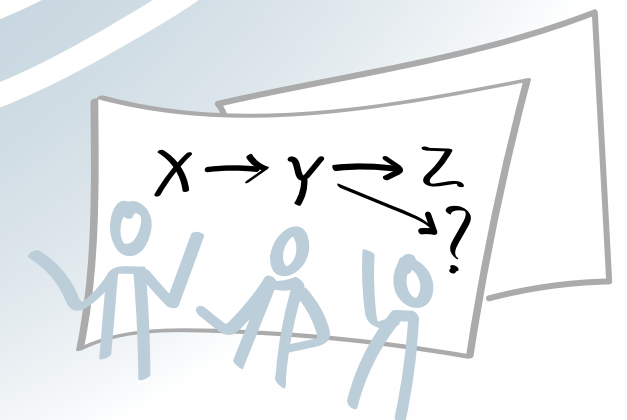


with your **ENVIRONMENT**



Take a stroll through the park. A natural environment refuels your brain.

and with **EACH OTHER.**



Map out the collective thinking on a big sheet. Continue to add new insights and make adaptations.