

Think in many boxes

Instructions:

- ☑ Use the picture on the right or draw your own
- ☑ Take your notes from “in Focus” and plot the insights about yourself along the horizontal line. Things that are important to you and you love, will tend towards the right of the axis, and things that you don’t like, will tend towards the left
- ☑ Take your notes from “Observe” and plot them along the vertical line. Trends and observations that you find the least interesting will tend towards the bottom, and those that you find exciting and feel curious about will tend towards the top
- ☑ Now, highlight everything you have in the top right square. Mix and match the things you love with the things that you find exciting to create at least 3 connections. These are your “Frames”
- ☑ Ask your friends or peers to suggest connections that might not be obvious to you

