



Let Your Mind Wander

- Let go and allow your mind to wander. Your openness to the seemingly irrelevant content that comes from letting your mind wander or daydream intensifies the brain's creative process, increasing creative intelligence by as much as 40%.¹
- Allowing your mind to wander or daydream allows the brain to associate two or more ideas from different brain networks.
- It creates the brain state in which the dots begin to connect themselves without you doing anything. In fact, the brain needs you to get out of the way for a spell.
- Letting your mind wander is an art form. As with breaks, you need to maintain enough awareness so that even as your mind wanders, you are able to notice and catch a creative thought that emerges.

[1] Smallwood, j., McSpadden, M. and Schooler, J., **When attention matters: The curious incident of the wandering mind**, Memory & Cognition, Volume 36, Number 6, 1144-1150, DOI: 10.3758/MC.36.6.1144