



Tribe Vibes

Creativity and Hidden Talents

September 2022

Today's Path

- Unleash Your Natural Creativity
- Bring Hidden Talents to Light



Unleash Your Natural Creativity

Let's first talk about multi-tasking...

- “Multi-tasking is pure evil, not only is it wasteful, but we think we are good at it.” - *Gene Johnson*
- "To do two things at once is to do neither." - *Roman writer Publilius Syrus.*
- “If you chase two rabbits, you will not catch either one” - *Russian Proverb.*
- “Multitasking creates a dopamine-addiction feedback loop, effectively rewarding the brain for losing focus and for constantly searching for external stimulation. - *Scientist Daniel Levitin*
- “Switching between a number of different tasks doesn't just increase the time taken to complete the work, it also reduces the quality.” - *Don Reinertsen*



Unleash Your Natural Creativity

But what about "slow-motion multitasking" where we are actively juggling multiple projects and moving between topics **as the mood takes you -- without feeling hurried?**

- Studies have shown this is a **common technique for many highly creative people. Especially for those that have serious hobbies.**
- The reason it seems counterintuitive is because we're used to lapsing into multitasking out of desperation.
- We're in a hurry, we want to do everything at once.
- If we were **willing to slow multitasking down**, we might find that it works quite brilliantly.

Unleash Your Natural Creativity

So why would this work?

1. Creativity often comes when you take an idea from its original context, and you move it somewhere else. It's **easier to think outside the box** if you spend time clambering from one box into another.
2. Learning to do one thing well **can often help you** do something else.
3. It can **provide assistance when you are stuck**. Often the wrong answer is just stuck in our heads. Just go and do something else, switch topics, switch context, you'll forget the wrong answer and **that gives the right answer space to pop into the front of your mind**. This also gives you time to consider dynamic complexity (perhaps cause and effect are not close in time or proximity).



Bring Hidden Talents to Light



