

After the Retreat:

Keep exploring in a Whole New Way

Try one (or all) of these activities, journal prompts, and websites to continue your exploration of the six abilities. Check in with Daniel Pink through his blog at www.danpink.com!

Design

Activity: Objectify Yourself

Choose an object that you've kept for a long time or has special significance to you. Study it for a few minutes. What does it make you think of? How does it affect your senses?

Journal: Take a Note

Keep your journal close at hand so you can make a note about great design that you see. Pay attention to the design of experiences as well and write about your last visit to a restaurant, trip on a plane, etc.

Web work: Meet Leading Edge Designers

See what designers have to say on the TED (Technology, Entertainment, Design) website. Here's an example: http://www.ted.com/index.php/talks/stefan_sagmeister_shares_happy_design.html

Story

Activity: Make History

Get a relative or friend to talk about where they've lived, worked, and what they remember about landmark historical events. Record it and share! Check out www.storycorps.net for more ideas.

Journal: Write a Mini-Saga

Pink describes mini-sagas as extremely short stories of fifty words long, "no more, no less."

Web work: Six Words

Check out the Smith Magazine website and contribute your "six words for America" or "six word memoir" ideas: <http://www.smithmag.net>.

Symphony

Activity: Create an Inspiration Board

Clear a bulletin board or tack a blank piece of poster board on a wall. When you see pictures and things that attract you, stick them on the board. Pink says that "you'll start seeing connections between the images that will enliven and expand your work."

Journal: Music

Dig out that free Retreat CD and pick a quiet time to listen to one or more of the excerpts. How do the individual instruments overlap and come together to make a whole. What words and feelings come to mind?

Curious about what you're listening to? Track 1: Academic Festival Overture, Op. 80 by Brahms; Track 2: Symphony No. 4 in B Flat Major by Beethoven; Track 3: Bassoon Concerto in B Flat Major by Mozart; Track 4: Cello Concerto by Dvořák; Track 5: Pictures at an Exhibition by Mussorgsky; Track 5: Symphony No. 4 in A Major 'Italian' by Mendelssohn; Track 8: Symphony No. 8 in F Major by Beethoven.

Web work: Explore the Powers of 10

Charles and Ray Eames created a flip book in which each image is 10 times closer than previous one. Learn more about this at <http://www.powersof10.com> and re-order one set of pictures for fun.

Empathy and Meaning

Activity: Walk the Labyrinth

Pink describes labyrinths as a form of "moving meditation." Did you know we have a beautiful labyrinth right in EvCC's neighborhood? Take a lunch break and walk the labyrinth at Wiggums Hollow Park at 808 10th St. (near Hawthorne Elementary).

Journal: Take the 20/10 Test

What would you do if you had \$20 million dollars in the bank and knew you had no more than 10 years to live? How would you spend your time?

Web Work: Real or Fake?

The British Broadcasting Company offers a 10 minute quiz in which you watch brief clips of 20 people smiling. How well do you read faces and interpret smiles? www.tinyurl.com/2u7sh

More Web Work: Measure Your Spirit

This website offers you the opportunity to reflect on your beliefs and attitudes: www.spirituality-health.com. Click on "self tests" on the banner line.

Play

Activity: Game On!

Second hand stores and garage sales are a great way to get new games at little cost. There is a Goodwill in downtown Everett at 3002 Hoyt or borrow the mini Jenga or table ping pong from Jeanne Leader's office and play as a warm-up to a meeting.

Journal: Blast from the Past

What was your favorite board game as a child? Describe what it looked like, when you played it, etc.

Web Work: Gaming for Everyone

The Internet is an extensive playground for gamers and Pink strongly suggests that we all need to learn and understand more about video games. Try something new at www.games.yahoo.com.