

“20 ways”... to seduce you to experiment during those work days that are ten a penny



1. Change of scenery!

Check your agenda and see what upcoming meetings there are. What about not doing the meeting at the regular meeting room. But rather to choose a different location.



2. Throw things away

Sit down and reflect: which things are right now on your desk or on your laptop-desktop that are in fact a burden. Take 10 minutes to clear your desktop.



3. Ask questions about questions

Research shows that asking questions about questions contributes to knowledge building during meetings. In your next meeting, experiment with not answering questions; not even pose questions; but rather to ask questions about questions from someone else.



4. Don't be distracted

There is a beautifully hand drawn mindmap about the age of distraction. It contains all kinds of tips and ideas on how to focus. Look at this mind map and think about what you would like to do.



5. Observe yourself and your own energy

Sometimes what you *think* is not always how things *are*. For one week, take every day some time at the end of the day to write down what gave you energy and what took your energy. Do more of the first.



6. Don't talk, take action

Make your next meeting shorter. The invitation is to use the first half of the time for the regular meeting and to use the second half to start doing the things you discussed. The whole group stays together but instead of talking all the time, the second half is meant for action.



7. Use that feedback

Ask feedback from a direct colleague. And ask for a tip on what to improve.



8. Do what a trusted colleague did

Ask a colleague what he or she recently experimented with and that worked well for him/her. Try this yourself!



9. What is the worst case?

Together with a colleague develop the “worst case scenario”. What would happen if you would keep doing what you always did?



10. Train your curiosity muscle

Tell one of your team members what is important (“What I find important is...”). And, after this, to only ask questions (“Do you recognize this?”; “What is in it for you?” etc).



11. Compliments with a question mark

Give a colleague a compliment. Give this compliment by asking a question (“How did you manage to *do x/y/z*?”; “What a special achievement was *q/r/s*. How did you achieve this?”).



12. Change a routine

“Doing things differently” gains from new routines. Think about your morning routine and rituals. Think of ways to variate (take a different route to the office; don't take phone calls in the car if you usually do; start the day with a moment of quietness). Try this out the next morning and discuss your experiences.



13. Watch a movie

Ask your colleague or fellow student a tip about a movie you should see. It should be a movie about which they think can get things into motion.



14. Experimenting is more fun together

Define a small experiment. For instance take a lunch break and go out for a walk if you usually keep working. Or get up very early and start the day with what is most important to you. Discuss with a colleague what it brought you.



15. Answer those e-mails

Some e-mails end up staying in your inbox for a long time. Just because it is not immediately clear you (you want) to handle them. However, answering them helps to make space for other things. Plan 15 minutes in your agenda and the agenda of your colleague and use this time to have a speed-sparring session about those e-mails. In these 15 minutes you will also immediately answers these e-mails.



16. A quote a day...

Find a quote or image that you think that can motivate you and stick it on the wall or in your car.



17. Create a more effective meeting

An individual brainstorm is more effective than a collaborative one. Use time in your next meeting to ask the attendees to brainstorm about one of the topics individually, for 4 minutes. Ask afterwards how it went and what ideas came up.



18. Force someone into it

If you are there when a nice idea or plan comes up with one of your colleagues, then *force* him or her to do this immediately (of course, in a gentle way). Make it attractive to start doing the plan / new behaviour right away. For instance by doing it together.



19. Eat and drink

Have a lunch or dinner time appointment with a colleague. Ask how things are going. End the meeting with a concrete action or an experiment based on what you discussed.



20. Organize a mini-brainstorm

Plan 10 minutes in your agenda. Take a large piece of paper (A3) and nice coloured pens. Use these 10 minutes to brainstorm about a topic that is of relevance for you. The pens can be used to make a mindmap.