Nine things on your mind.

Who _____

Date _____

1 **Write**
What is on your mind right now? One thing per box, in any order. Stop at nine. Empty boxes are allowed.

2 **Look**
Take a quiet moment to see the page as a whole. Do not rank or solve yet.

3 **Notice**
What do you see now that was harder to see when it was only in your head?

Then, only if you need it
Choose one box to explore, one conversation or one action. An overview is a valid result.

Tip 10 to 15 minutes in total.

1	2	3
4	5	6
7	8	9