

# 019: Harnessing Creativity and Problem Solving Through Your Right Brain

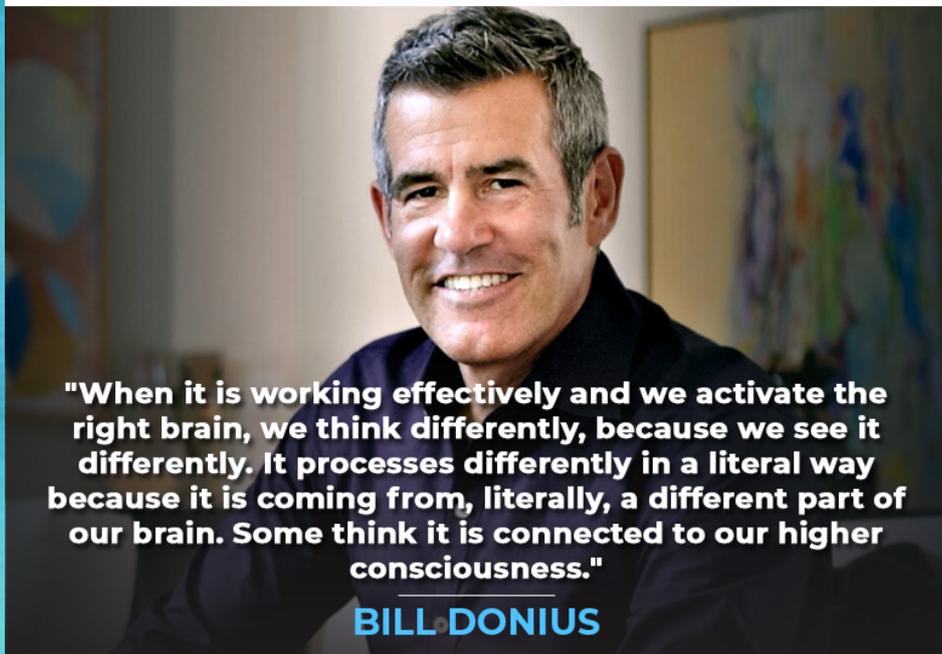
## 10 Point Checklist

**Bill Donius**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"When it is working effectively and we activate the right brain, we think differently, because we see it differently. It processes differently in a literal way because it is coming from, literally, a different part of our brain. Some think it is connected to our higher consciousness."**

**BILL DONIUS**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Ideation is exponentially better when you incorporate the right brain. To do it, simply clear your head, do some deep breathing, and be intentional about accessing the right brain while you write with your non-dominant hand.
- Have a to-do list writing session where you incorporate the right brain to important tasks or ideas you might have for rearranging your schedule.
- It can be illuminating to use right-brain thinking to visualize the distant future, for your company or for your own personal journey. Ask “What will my future look like?”
- Find out first what the proper question is to ask your right brain before you start a session. What is it you really want to know?
- Anything that helps you get away from traditional thinking and from urgency addiction will help you get in flow: deep breathing, yoga, meditation.
- Vacation is great, but retreats are better to reset the brain and get back to a different style of thinking and allow you to see things differently when you return to work
- Combine your sketchnoting with right-brain thinking by sketchnoting with your non-dominant hand. Try interpreting images with your right brain as well.
- Have a dream you are intrigued by or did you draw an interesting picture while sketchnoting? Ask your right brain what it means!
- Your food is your fuel – organic ingredients ensure there are no unwanted additives that go into your body.
- You can even use right-brain thinking in your personal life, such as “what can I do to sleep better and more deeply?”

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/harnessing-creativity-and-problem-solving-through-your-right-brain-bill-donius/>