

reVISION



PRACTICES GUIDE

*Thought experiments, sensory exercises, and creative tools to develop
your capacity for seeing differently*

INTRODUCTION

Welcome to the reVISION Practices Guide. This collection of exercises and frameworks is designed to help you cultivate the capacity to see differently—to recognize potential where others see limitation, to find value in what is overlooked, and to approach challenges with fresh perspective.

The practices within these pages are organized into three categories:

- **Creative Tools & Challenges** — Practical frameworks and techniques for generating new perspectives and solutions
- **Thought Experiments** — Mental exercises that challenge assumptions and expand perspective through imaginative inquiry
- **Sensory & Embodied Exercises** — Practices that heighten awareness and develop the capacity for fresh perception

These practices are not meant to be completed in any particular order. Choose what resonates with you in the moment, return to favorites, and allow yourself to be surprised by what emerges.

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

— MARCEL PROUST

CREATIVE TOOLS & CHALLENGES

Pattern Breaking

Intentional disruption of a routine or habit, such as taking a different route to work or brushing your teeth with your non-dominant hand, can stimulate the brain and encourage new neural pathways to form. This can help you think more flexibly and creatively in other areas of your life.

Constraint-Based Creation

Instead of trying to do everything, this exercise forces you to be creative by imposing a single, limiting rule. This could be writing a story with only a certain number of words, drawing a picture without lifting your pen, or creating a new dish with only three ingredients. Constraints often lead to surprising and innovative results.

Forced Connection

Take two seemingly unrelated concepts and try to find a link between them. The more disparate the ideas, the better. This exercise strengthens your ability to see hidden patterns and connections, which is a key skill for creative problem-solving.

Provocation Scenarios

Imagine an extreme or impossible scenario related to a problem you are trying to solve. For example, "What if gravity didn't exist?" or "What if money was obsolete?" By exploring these absurdities, you can challenge the underlying assumptions that are limiting your thinking and discover new, out-of-the-box ideas.

| Creative Tools & Challenges (continued)

Possibility Path

Take a single, small action and map out all the possible outcomes, both positive and negative. This helps to visualize the chain of cause and effect, allowing you to make more informed decisions and see a wider range of potential futures.

Reversal Roll

Instead of trying to improve a process, this exercise asks you to make it worse. By identifying what would make a system fail, you can uncover its weak points and innovate new ways to make it more robust. This is a powerful tool for developing resilience and finding creative solutions to problems.

Living Systems

This exercise involves looking at a problem as if it were a living system. What are its interconnected parts? What are its cycles? By understanding the problem's holistic nature, you can discover new leverage points for positive change.

Creative Disruption

Intentionally introduce a random or unexpected element into a project. This could be a new tool, a new collaborator, or a new constraint. This practice challenges your assumptions and forces you to adapt, often leading to innovative and surprising results.

THOUGHT EXPERIMENTS

Cognitive Reframe

This practice challenges you to intentionally look for a different way to interpret a situation. Instead of viewing a setback as a failure, you can reframe it as a learning opportunity or a sign that you need to shift your approach. This helps in developing a more flexible and resilient mindset.

Perspective Shift Starter

Consider a challenge you are facing from the point of view of someone else. What would a wise mentor, a young child, or even a rival see? This exercise helps you break free from your own biases and uncover new solutions you might have overlooked. It promotes empathy and opens up new avenues for possibility.

Question Storm

Instead of brainstorming for answers, this exercise focuses on generating as many questions as possible about a single topic or problem. This shifts your focus from a search for certainty to a pursuit of curiosity, which can lead to unexpected and innovative insights.

Parallax Thinking

The parallax effect is the apparent displacement of an object when viewed from different positions. In thinking, this means considering a problem from multiple, simultaneous angles, like viewing a statue from the front, side, and back at once. This practice helps to create a richer, more comprehensive understanding.

| Thought Experiments (continued)

Gratitude Remix

Rather than simply listing things you are grateful for, this practice encourages you to find gratitude in challenges or difficult moments. By consciously seeking the lessons or growth opportunities within a tough experience, you can transform your relationship with adversity.

Reverse Assumption

Take a core belief or assumption you hold about a problem and reverse it. What if the opposite were true? This technique helps to challenge your fixed ideas and can reveal new, unexpected solutions that were previously hidden by your assumptions.

SENSORY & EMBODIED EXERCISES

Awe Spotting

Take a few moments each day to look for something that inspires a sense of awe. This could be the pattern of light on a wall, a powerful piece of music, or a stunning natural landscape. This practice helps to foster a sense of connection and wonder.

Sensory Immersion

Choose a single sensory input—sight, sound, touch, taste, or smell—and focus on it exclusively for a set period. Notice the nuances and details you usually miss. This exercise sharpens your awareness and helps you engage more fully with the present moment.

State Shifting

Consciously change your physical posture and breathing to affect your emotional state. For example, to feel more confident, stand tall with your shoulders back and take a few deep breaths. This exercise demonstrates the powerful connection between your body and mind.

Sensory Expansion

Instead of focusing on one sense, this practice asks you to notice what all five senses are experiencing in a single moment. It's a grounding exercise that helps to pull you out of your thoughts and into the tangible world around you.

Embodied Roleplay

Act out the solution to a problem. This involves using your body to explore new perspectives and solutions, rather than just thinking about them. For example, if you are designing a new product, physically pretend to use it to uncover flaws in your design.

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When you change the way you see things, the things you see change.

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