**CREATIVE PROBLEM SOLVING**

**PRACTICAL TASK**

**Divergent and convergent thinking**

**Objective of the task:** to practice divergent and convergent thinking in a creative problem-solving.

**Instructions**

1. **Choose a problem:** select a common problem you face in your daily life (e.g., lack of motivation, time management issues, or wwhat to prepare for a dinner).
2. **Divergent Thinking:**
   * Brainstorm as many possible solutions to the problem as you can. Write down every idea that comes to mind, no matter how unusual or impractical.
   * Aim for quantity over quality at this stage.

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| Divergent thinking | Solutions for the problem | Convergent thinking |
| *Write the problem you want to solve:* |  |  |
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1. **Convergent thinking:**
   * Evaluate the solutions you generated in step 2.
   * Consider factors such as feasibility, effectiveness, and alignment with your goals.
   * Narrow down your list of solutions to the most promising ones.
2. **Choose a solution:** Select the solution you believe is the best fit for your problem.
3. **Implement and reflect:**
   * Try out your chosen solution and observe the results.
   * Reflect on the effectiveness of your approach and the role divergent and convergent thinking played in the problem-solving process.

***By completing this exercise, you will gain valuable experience in applying divergent and convergent thinking to real-world problem-solving.***