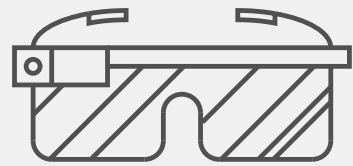


# The I.D.E.A.S. Habit

*Five ways to solve problems creatively every day.*

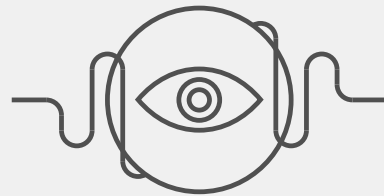
## Imagine



Create a vision of your ideal outcome

*What do you see, hear and feel?*

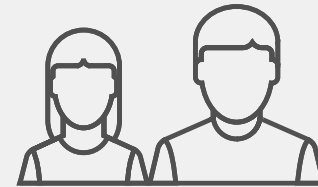
## Disrupt



Break your routine patterns of thinking

*What other viewpoints could you take?*

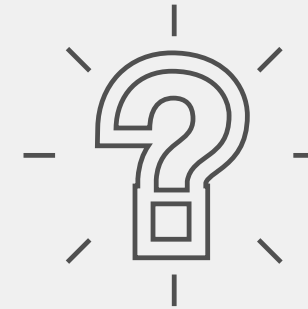
## Empathize



Understand what's important to others

*What are their wants, needs, and dreams?*

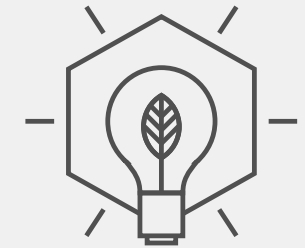
## Ask



Be curious and ask probing questions

*What if? What else? How might we...?*

## Shape



Allow your ideas to evolve and transform

*What could you combine, simplify or enhance?*