



GETABSTRACT REVIEW OF

A Minute to Think

Reclaim Creativity, Conquer Busyness, and Do Your Best Work

Superior results – and better mental health – come from taking time to reflect and recuperate. Juliet Funt offers research-based tools for incorporating “white space” in your day. Introducing strategic pauses into your day can benefit both your personal productivity and team interactions.

STEP 1

Have your team read the getAbstract summary.

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. Are strategic pauses already part of your daily or weekly routine?
2. What kind of regular activities do you engage in that can be classified as “unproductive busyness”?
3. How can your organization or team members support you in introducing white spaces into your workday?
4. What ground rules could your team agree on to improve team communications and meetings?
5. What is one thing you can start (or stop) doing right now to incorporate “white space” into your day?

“Charles Darwin and Charles Dickens both worked four to five hours a day and on that schedule wrote 19 and 21 books, respectively.”

A MINUTE TO THINK

Juliet Funt

Additional resources



How to Structure
Your Day



Become More
Productive

