sometimes, we get stuck while thinking about a challenge and find ourselves going in circles or just hitting a wall. when this happens, it is helpful to step away from the problem and gather new perspectives. one of our favorite exercises for breaking out of this mental gridlock is see, think, feel. for this exercise, you can take a virtual tour of our galleries on our website or through your apple or android device and then fill in your responses to the questions below. before filling in the sheet, make sure you browse a number of works, and then choose the work that most appeals to you—the one that is calling your name. we hope you enjoy your fresh perspectives!

name of painting

what do i see?
what does this make me think?

how does this make me feel?

it reminds me of...

it makes me think of [________] ideas for solving my challenge