

Brainstorming ideas for Daydreaming

What?

- short-term detachment from one's surroundings
- visions, fantasies, hopes, wishes
- actively dreaming of future success while awake — seeing yourself as the boss behind the desk, or popular at the party
- reality can be blurred

Why?

- often the brain/spirit needs a rest — daydreaming is rejuvenating
- daydreams fuel motivation
- daydreaming allows you to escape slow time or to get through a difficult episode

How?

- eyes glaze over
- people relax
- people stop concentrating on the task at hand and concentrate on a wishful thought
- can be done anywhere/anytime

Topic: Is it a waste of time exploring hidden worlds?

Keyword: Daydreaming

Who?

- everyone
- especially children
- creative people
- ambitious people
- sporting people
- visionary people

So what?

- positive daydreaming is a healthy and pleasurable pursuit
- it benefits individuals (relieves stress, motivates)
- the “products” of daydreamers may benefit society

Structure: Plus/Minus/Interesting

Plus

Daydreams:

- relieve boredom
- can lead to new inventions
- can lead to great fiction
- can solve problems creatively
- help prepare you for the real thing
- distract you at a difficult time

Minus

- can lead to injury at work
- can make you miss important information
- people who believe their fantasies can get hurt
- some people reinforce a negative thought when daydreaming

Interesting

- daydreams are under our control, unlike nightmares
- they usually involve pleasant, happy thoughts
- schools don't encourage daydreaming — Pay attention
- they access the right side of the brain which is under-utilised

Thesis: (put in last) Daydreaming is a very productive use of time because the action of exploring other possibilities helps people solve problems, be creative and achieve success.

Brainstorming ideas

What?

Why?

How?

Who?

So what?

Topic:

Keyword:

Structure: Plus/Minus/Interesting

Plus

Minus

Interesting

Thesis: (put in last)

Brainstorming ideas

What?

Why?

How?

Who?

So what?

Topic:

Keyword:

Structure: Listing

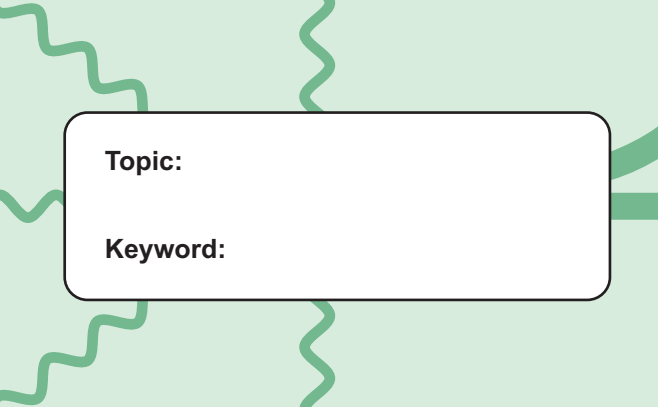
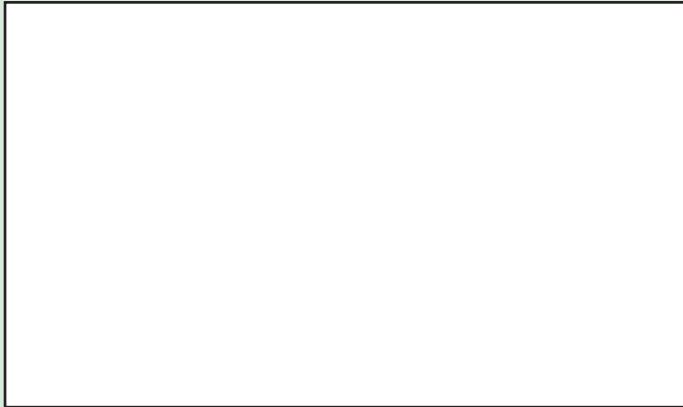
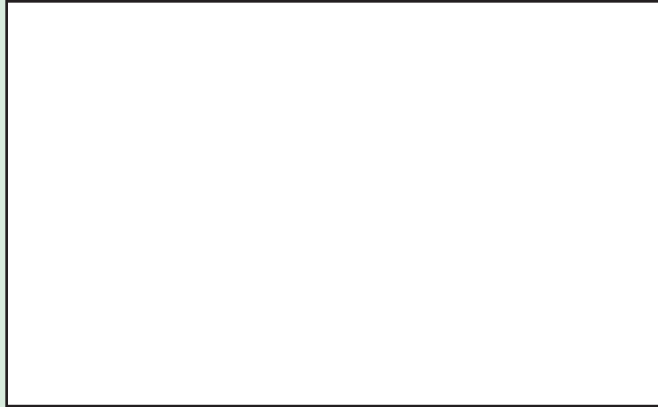
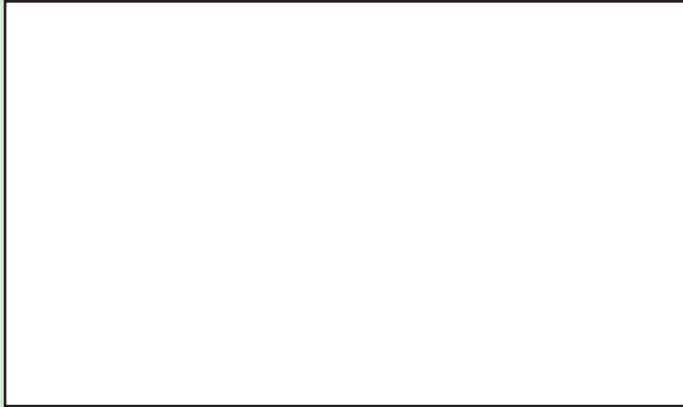
Argument 1

Argument 2

Argument 3

Thesis: (put in last)

Brainstorming ideas

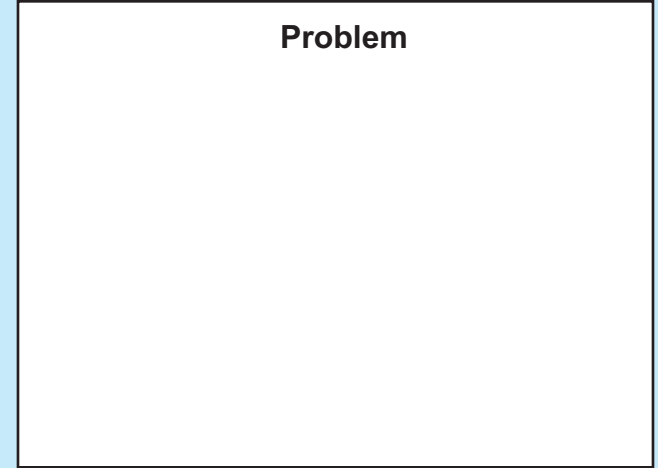


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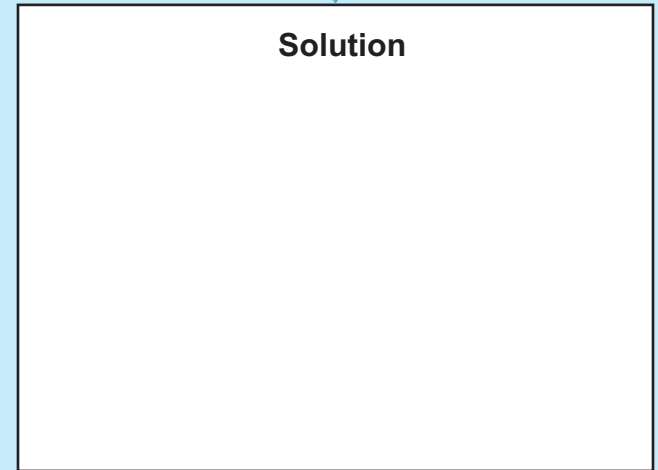
Keyword:

Structure: Problem/Solution

Problem



Solution

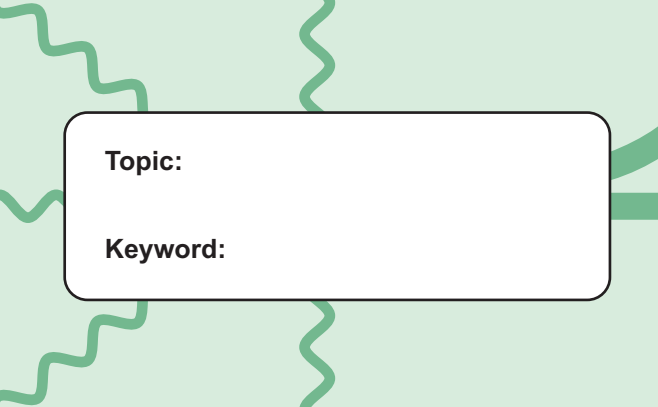
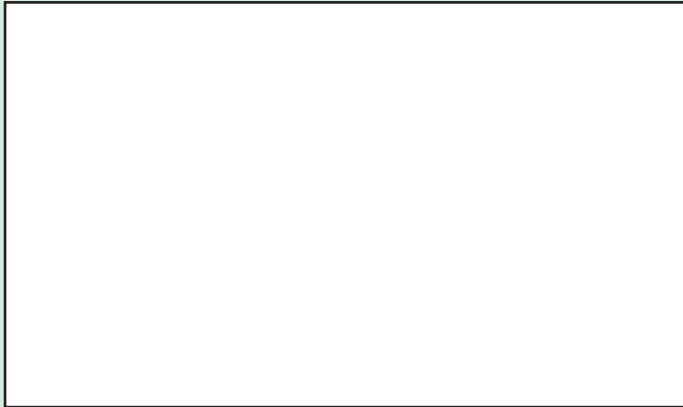
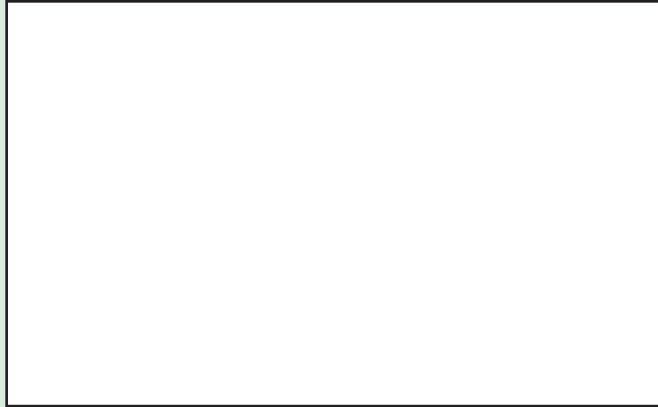
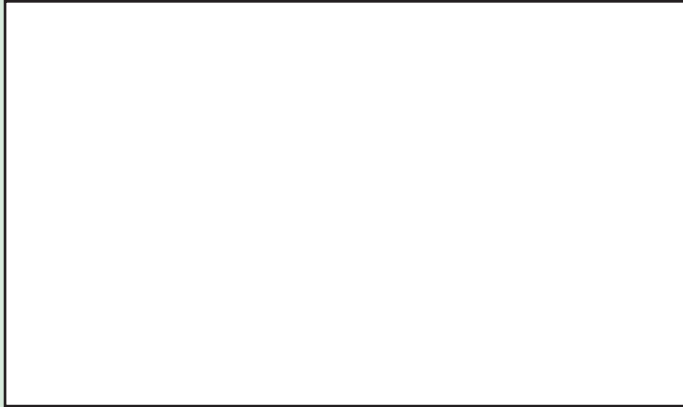


Possible questions

What?	Benefits?
Where/When?	Disadvantages?
Why?	Costs?
How?	Short-term/long-term effects?
Who?	Origins?

Thesis: (put in last)

Brainstorming ideas

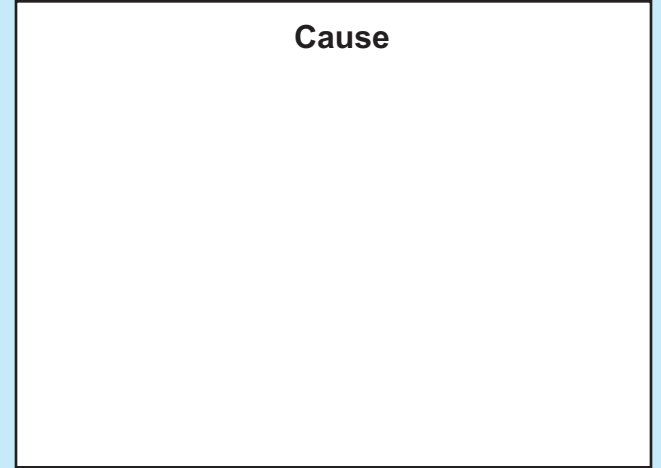


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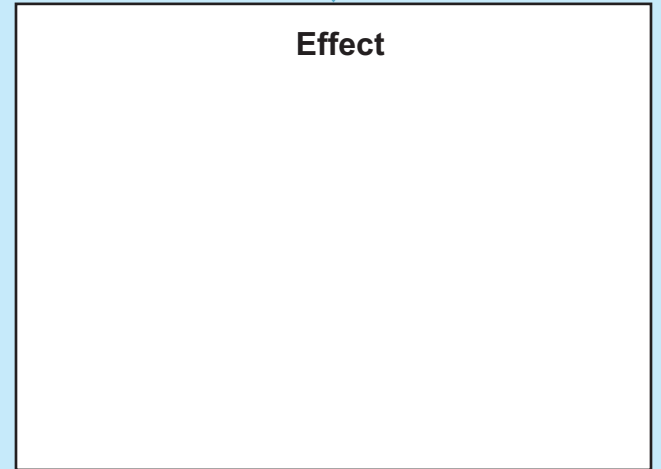
Keyword:

Structure: Cause/Effect

Cause



Effect

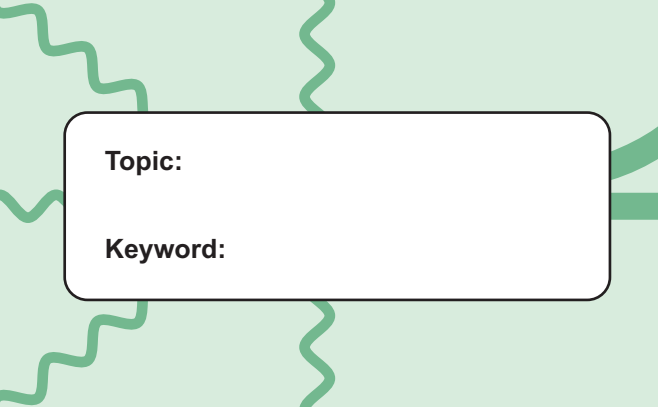
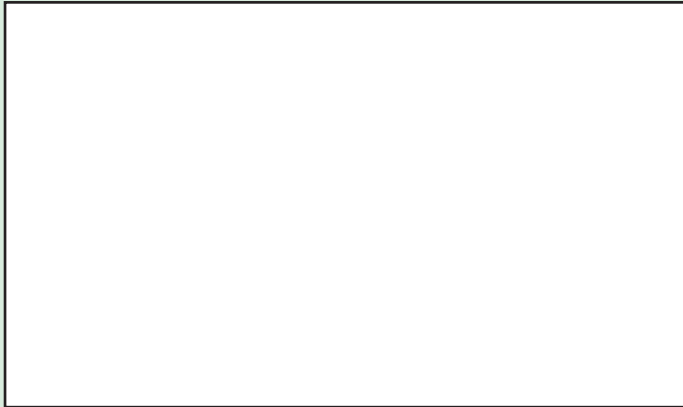
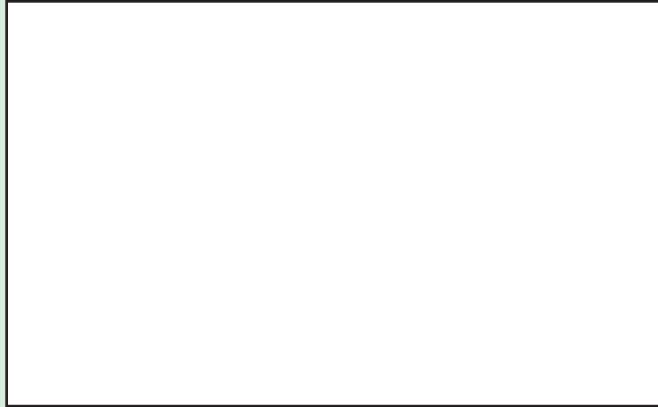
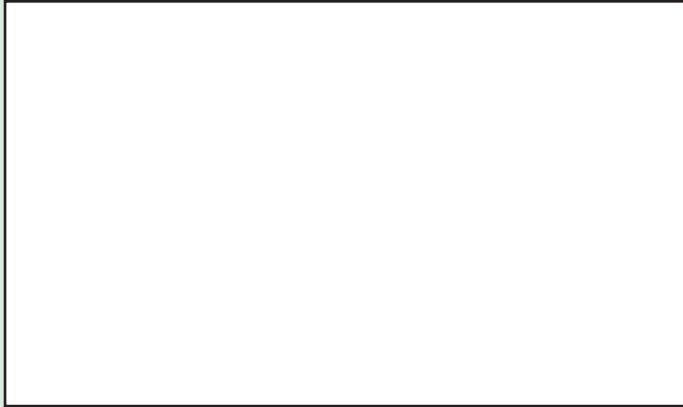


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Brainstorming ideas

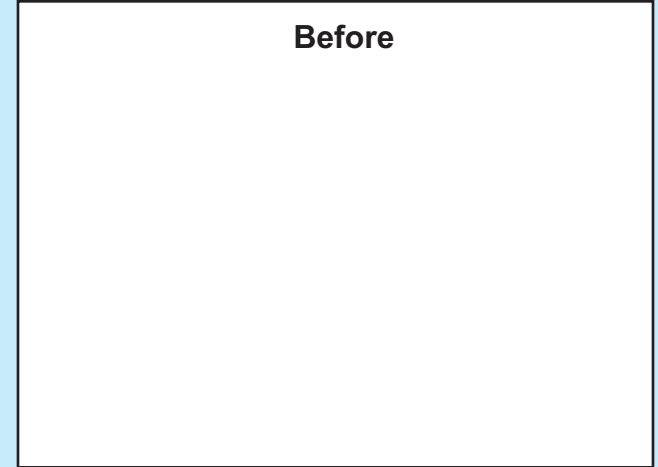


Topic:


Keyword:

Structure: Contrasting

Before



After

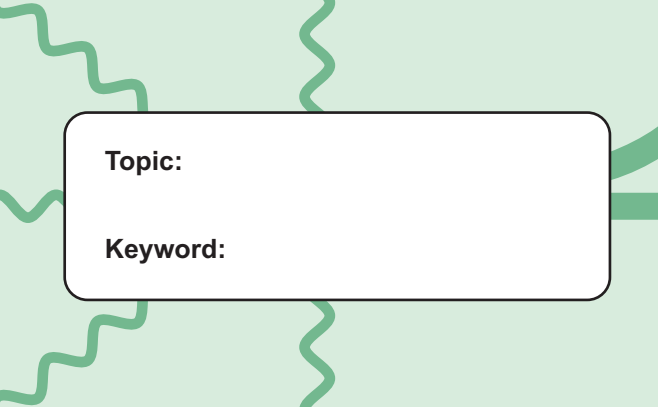
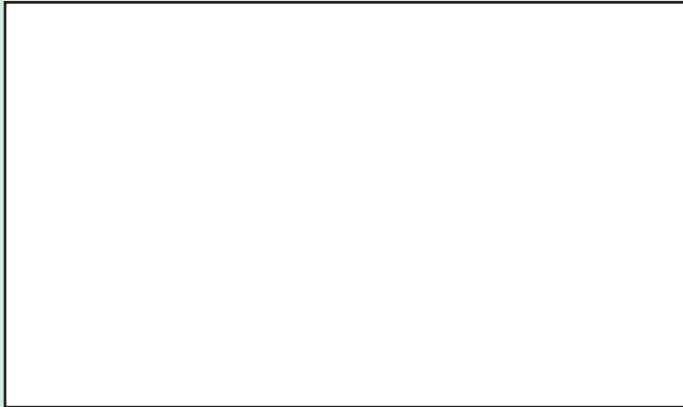
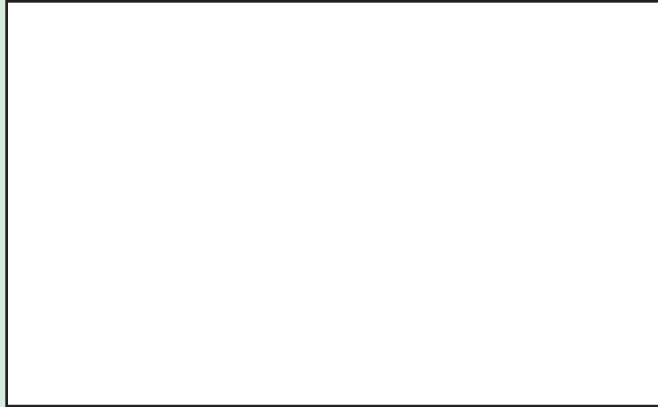


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Brainstorming ideas



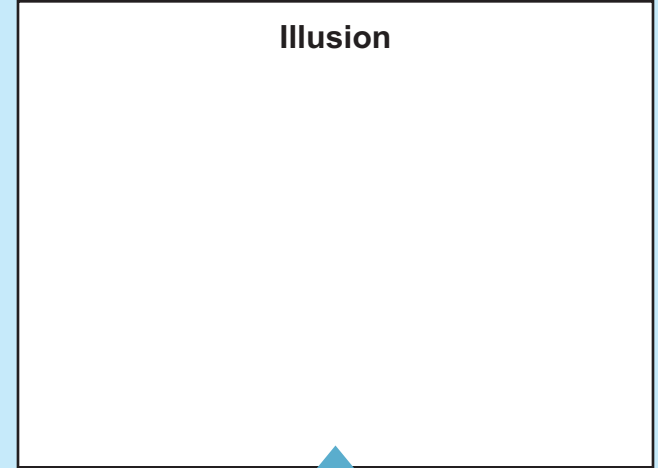
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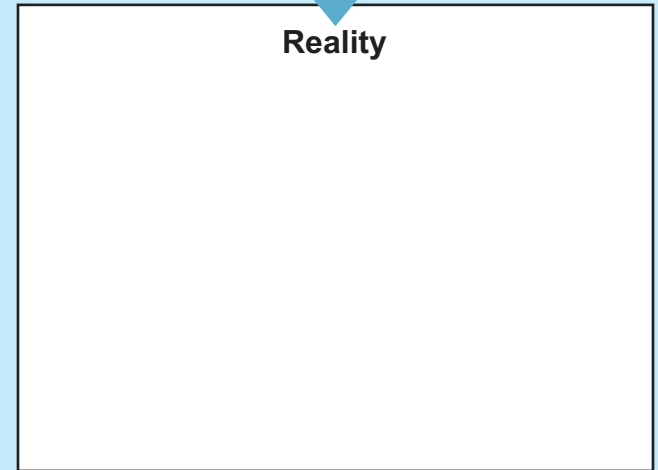


Structure: Contrasting

Illusion



Reality

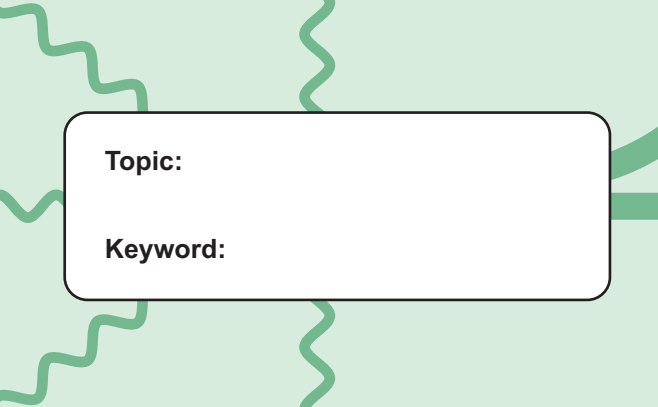
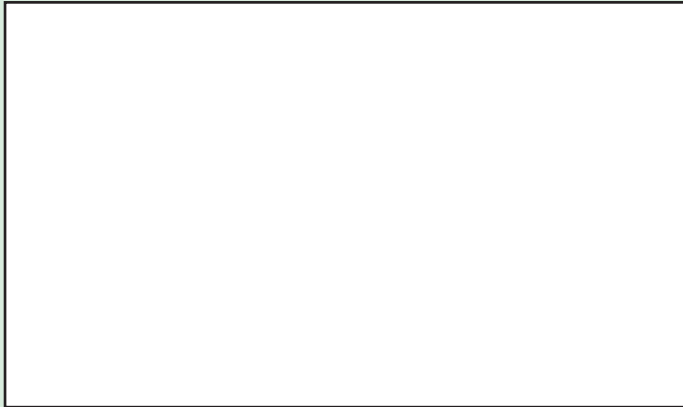
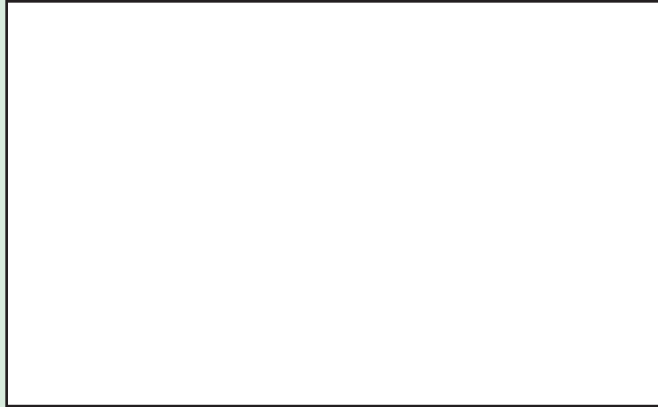
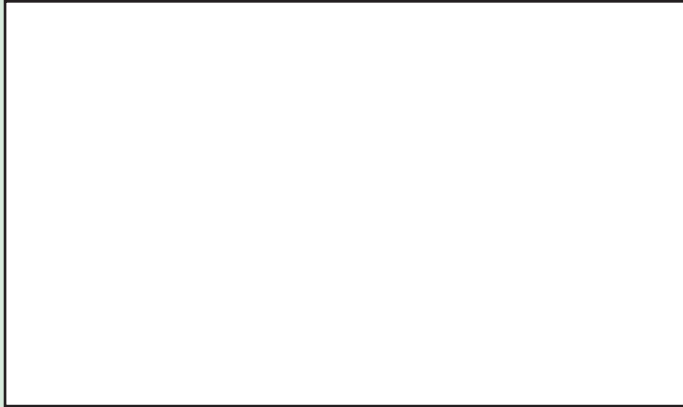


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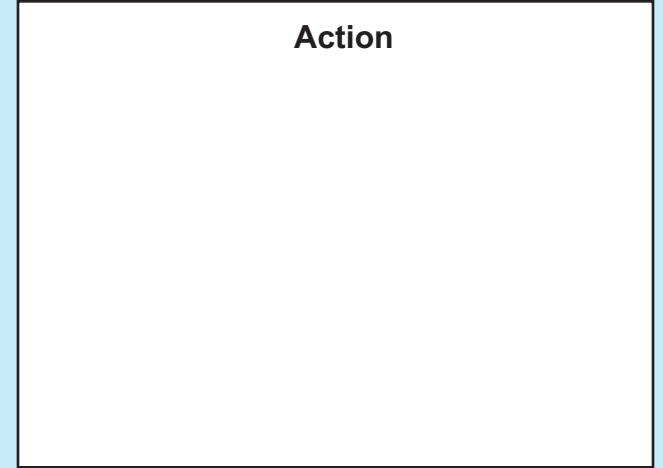


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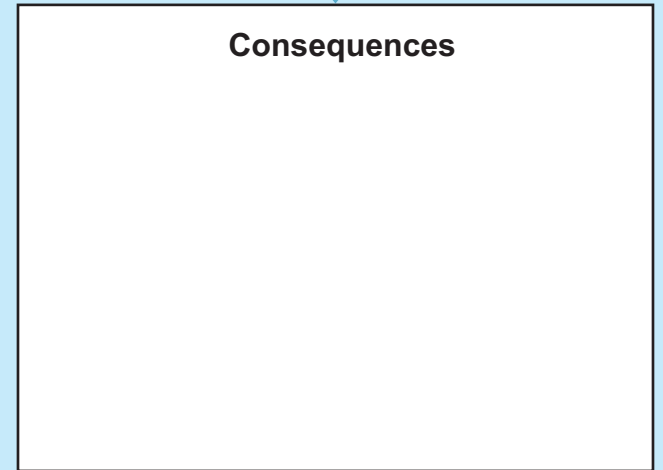
Keyword:

Structure: Action/Consequences

Action



Consequences

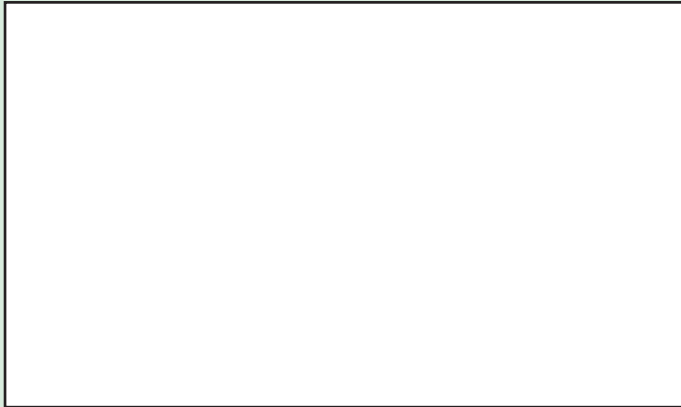
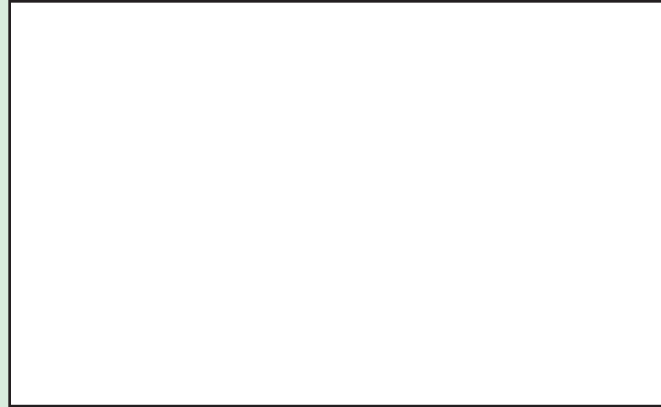
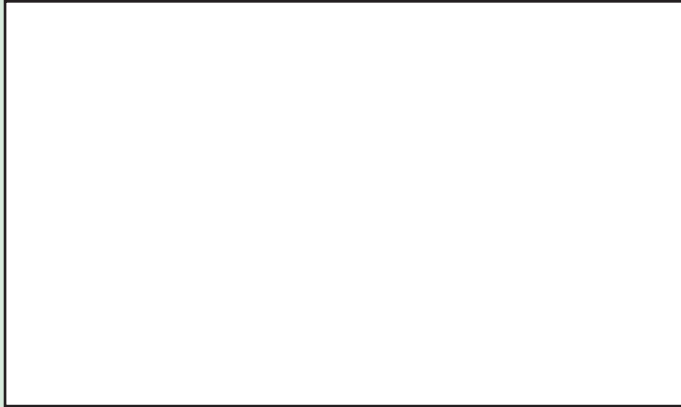


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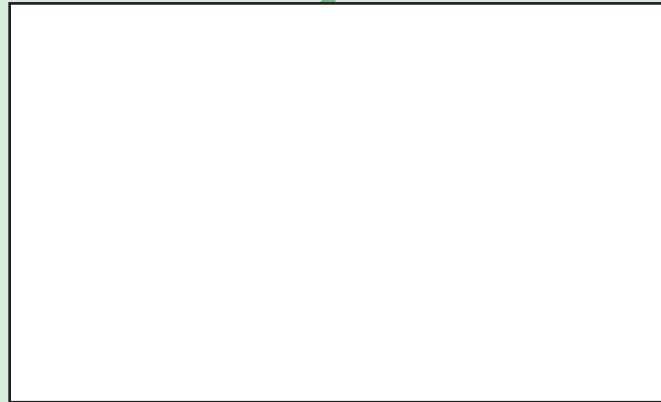
Thesis: (put in last)

Brainstorming ideas



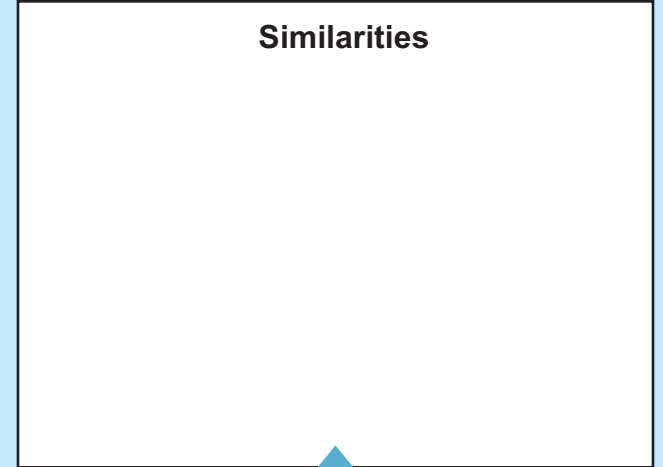
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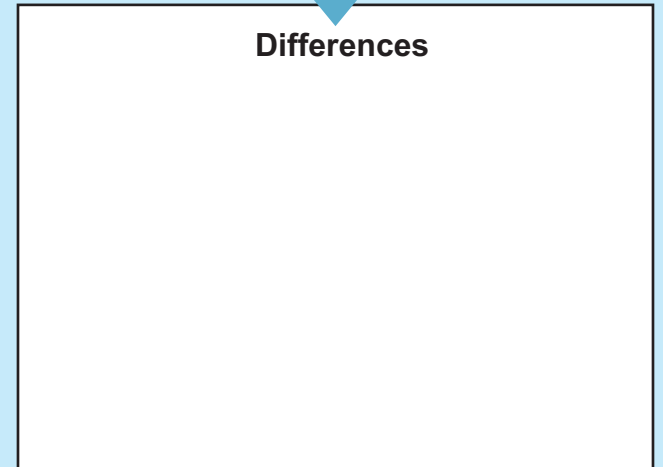


Structure: Comparing

Similarities



Differences



Possible questions

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