

# DAN THURMAN'S TED TALK OFF BALANCE ON PURPOSE

**#sketchnotes by Deb Baff**

YOU MUST BE  
OFF BALANCE  
TO LEARN

WE DONT  
REALLY MULTITASK  
WE FAST SWITCH



SPACES  
ARE WHERE THE OPPORTUNITIES  
ARE!



MY SKETCHNOTE OF KEY TAKEAWAYS FROM  
WATCHING DAN THURMAN'S TED TALK "OFF  
BALANCE ON PURPOSE .."

THERE WAS EVEN JUGGLING AND UNICYCLES ..  
THOUGHT PROVOKING STUFF ...

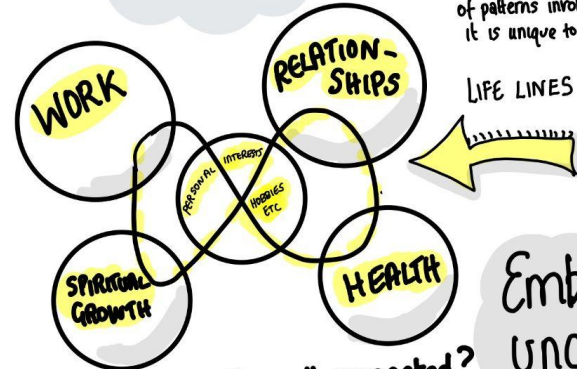
5  
SPHERES

CONNECTIONS

JUGGLING

There is an infinite number  
of patterns involved because  
it is unique to you ...

LIFE LINES



How are they all connected?

A connected life pattern helps you  
sustain the twists and detours  
through life

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Embrace  
uncertainty

If you limit yourself to the  
comfortable you limit the  
possibilities

Be present  
where you are!

LEAN FORWARD  
INTO THE POSSIBILITIES

SUCCESSFUL ORGANISATIONS  
CREATE AN ENVIRONMENT  
WHERE PEOPLE DONT NEED  
TO CHOOSE BETWEEN THEIR  
SPHERES

