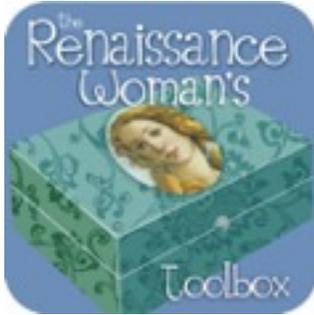


# Your Scanner Daybook



(Refer to pages 11–17 in **Refuse to Choose** for more information on creating your daybook. I've also quoted some of this section at the end of this document.)

If creating a daybook to support your creative flow as a Renaissance Woman sounds like fun to you, go and get yourself a large-format, unlined spiral-bound blank book. (In the U.S., Michaels's Crafts is a great place to pick up one inexpensively, especially if you have the coupon from the Sunday paper. They are in the sketch-book aisle.) Get at least the next size up from 8.5x11; I like the one that's 2 sizes up.

## Definition

- A blank book devoted to the recording the innards of your Renaissance life
- A place to capture your ideas and tangents
- A place to be delightfully out of order, impulsive and unrestrained for the sheer pleasure of the freeplay of ideas flowing through you, without any rules about implementing them

## Purpose of this Exploration

To value, honor and celebrate your 'ideophilic' brain by giving it free rein and a supportive container into which it can unfurl. [See HERE](#) for some examples of others' daybooks.

## Try this!

(See pages 19–20 in **Refuse to Choose**)

As an experiment, every day for 1 to 2 weeks, write in your daybook. Allow yourself enough uninterrupted time that you can take an idea all the way through.

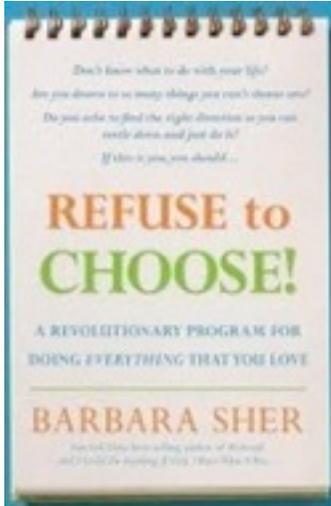
Notice the point at which, (if at all), the nectar of the idea begins to ebb away for you. Catch the thought that causes you to stop. Make a note of these.

Examples:

- "I need to go pick up the kids/grandkids."
- "This is silly; my ideas are crazy pipe-dreams."
- "I need a cookie."

At the end of the 1-to-2 week experiment, see if there is a theme or pattern to what stops you. If partnered with a Learning Buddy, you may choose to share your experience and insights with each other. Or you may choose to post on the [Discussion Forum](#).

# Your Scanner Daybook



## What is a Scanner Daybook?

The following passage is excerpted from [Refuse to Choose](#), by Barbara Sher, pages 11–17.

This is simply a blank book devoted to what you do each day – as a Scanner, or

course. No laundry lists or general journaling, just anything related to being a Scanner – the place to capture your best ideas and also the tangents that pull you off those ideas. In addition, I'll sometimes ask you to work on an exercise that requires writing, and you might want to take notes on anything you find particularly useful inside this book (or anywhere else).

This is your personal version of the Leonardo da Vinci notebooks. If you've never seen them, find a book of reproductions in your library or try to get a glimpse on the Internet. They're an inspiration.

The da Vinci notebooks are a great model for a Scanner Daybook. Leonardo's entries are delightfully out of order, impulsive, and unrestrained. (He even wrote his comments backward! This was possibly to hide his ideas from prying eyes or perhaps because he had mirror vision or maybe because he loved to exercise his brain. I wouldn't put it past a Scanner.)

The blank pages in your Daybook are where you'll capture ideas that could otherwise get lost or keep a record of private little trips and "what ifs" that are always floating in and out of a creative mind. You'll find yourself welcoming these thoughts more and more as you realize you are not required to do

anything but write about them. No follow-up is required unless it takes your fancy to do so.

Writing in your Scanner Daybook is more important than you may yet realize. As the days go by and the entries add up, you'll notice that you're actually taking care of the sides of you that you may have neglected as well as undervalued until now. But the very act of considering your explorations worth keeping track of begins to change everything you ever thought about yourself.

Your Daybook is also a self-study book: Turned loose without any restrictions, allowed to learn or design or imagine whatever you like, what kind of Scanner emerges? Where does your mind really want to go? Your Daybook gives you a free ticket to create anything you like, so the farther you follow your fancy in your Daybook pages, the clearer the answer will be.

In the past, you may have seen yourself simply as someone with an inability to stick to things or follow through on projects, but none of that is relevant here. Getting your ideas down on paper isn't like starting something you should finish; it's like seeing a good movie – only better because you're not only watching it but designing it. If, for instance you're taken by the idea of interviewing your neighbors for their life stories, you'd open the Daybook and write down your idea, and you'd have no hesitation to let it grow.

Your Daybook lets you go into planning that idea without having to actually produce it.

Little by little, the process of writing your ideas in your Daybook will change the way you feel about not following up on every one of your good ideas, because it becomes so clear that planning, designing, and making a record of your ideas in something called a Scanner Daybook isn't making a promise; it's the way inventive people enjoy themselves.