

4  **ASSESS** Listen to the podcast again. Complete the notes. Then compare notes with a partner and revise as necessary.

Topic:	<input type="text"/>
A creative block is	<input type="text"/>
Strategies	
1 Step away from proj.	<input type="text"/>
2 Walking	<input type="text"/>
3 New surroundings	
a Travel	<input type="text"/>
b Info from senses	<input type="text"/>
4 Go back to	<input type="text"/>
5 Look at	<input type="text"/>
6 Make creat. act.	<input type="text"/>
7 Think about it	<input type="text"/>

5 **EXPAND** Answer the questions about the podcast. Use the information from your notes.

- 1 What did the Stanford study show about the effects of walking?
- 2 Do people get benefits from walking inside?
- 3 How does living abroad affect your creativity?
- 4 What did the writers Kafka, Darwin, and Chekhov have in common?
- 5 What is one tip to help you to see a creative project in a different way?
