

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## The Magic of Boredom

Booooooring... When you're bored, it's the worst. But a magical thing starts happening when you let yourself be bored: your brain tries to solve it, creating ideas and throwing together thoughts to try to become un-bored. The trouble is, we hardly ever give ourselves the chance to reach that state. So, give it a shot: allow yourself to get truly, profoundly bored and see what happens.

**chant** count to a thousand doodle  
stare at the wall play with your hair  
try to find a four leaf clover  
draw pixels write the same word over and over  
organize your peas according to size **walk in a circle**  
play solitaire make paper cut-outs of everyone you know  
count your breaths **dig a hole and then fill it** clean your pantry  
alphabetize your shoes try to draw the exact lines on the palm of your hand  
read the dictionary (and take notes) re-arrange your bookshelf  
make sand art and then blow it away write out the alphabet  
make a list of movies you know shuffle a deck of cards  
read your tax forms in detail count blades of grass  
make a spreadsheet list all the animals  
practice your handwriting grade your bath towels



### BONUS:

Imagine if boredom were the best, most luxurious gift you could give to yourself. What would you do differently with your time?



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