

My brain is an Admiral Washer  
By Pavel January 17, 2018, Thursday

1. Sensing-Lock—getting ready to learn
2. Fill—getting new ideas
3. Soak—feeling calm and enjoying new ideas
4. Wash—trying out the new ideas
5. Rinse—mixing with other ideas, curious
6. First spin—getting really excited or really mad
7. Final rinse—calming down
8. Final spin—getting ready to move on
9. Cycle complete/ unlock—taking a break