

THE SYSTEMS LIST TECHNIQUE

The world is made up of systems – connections, hierarchies and dynamics – but our brains prefer to see in pieces. No where is this more true than in our collective love of lists! The list enables us to digest information in bite-sized form rather than tackling a giant tempest of content all at once. Lists gel well with the brain’s cognitive penchant for categorization. So how can we transform lists into systems and vice versa? What can this teach us about how to be better systems thinkers? This short group activity and discussion will help you be more systemic in the way you present and engage with information.

SET

SYSTEM

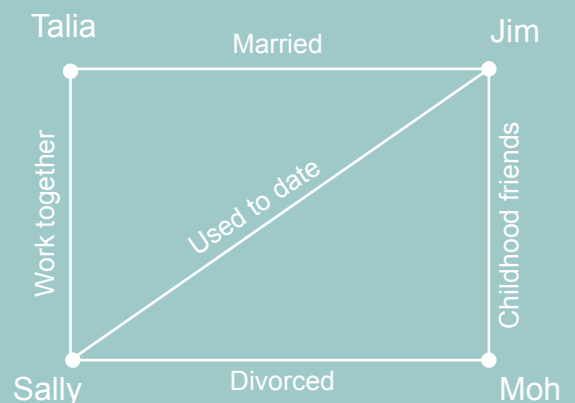
EXAMPLE 1

- Cream
- Sugar
- Chocolate
- Cream Cheese
- A whisk

At first blush, an unassuming list of goods. But magic can happen. Whisk your cream and cream cheese til its fluffy, gently – don’t overdo it. Melt chocolate in the pan, adding 50g of sugar for that extra pop. Fold the melted chocolate into the cream mix, til its well mixed through. Refrigerate and hey presto amazing chocolate mousse. Truly more than the sum of its parts.

EXAMPLE 2

- Talia
- Jim
- Sally
- Moh



HAVE A GO FOR YOURSELF ON THE NEXT PAGE!

THE SYSTEMS LIST TECHNIQUE: HAVE A GO!

SET

SYSTEM

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