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|  | Youtube: How to Feel Inspired When You’ve Lost Motivation  To watch the youtube video just scan the QR code. |

### True or False?

###### **Inspiration was once considered unscientific.**

True False

###### **Researchers hypothesize that there are three distinct processes that make up the experience of inspiration.**

True False

###### **The default mode network is involved in generating ideas, while the executive attention network is important in selecting ideas, working together to give that "aha" moment.**

True False

###### **Researchers found that those who drifted into N1 for at least 15 seconds were less likely to identify a hidden rule to complete the task, compared to those who had remained awake.**

True False

What are the two distinct processes that make up the experience of inspiration?

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Explain the importance of both inspiration and effort in the creative process.

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Describe the interplay of the default mode network and the executive attention network in creative thinking.

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