



BOOM! TIME WITH... JOSEF O'CONNOR, FOUNDER AT CIRCA:ART



What is the puzzle that you are looking to solve?

Write down a live challenge you're working on

What did you learn that helped UNBLOCK any 'old thinking' you have around this puzzle?

What made an impact on you from the conversation?

Here are 5 key insights from the show - how can you use them to UNLOCK your thinking and solve your puzzle?

1. **Accidental discovery is the start of all creative projects**
What accidental discovery could you make that would help you solve your puzzle? Where could you look?
2. **Failure shapes success.** What have you failed at and what has it taught you about solving this puzzle?
3. **Trust your gut on a good idea** stop chasing the next idea or the next big thing - sit with what you have and recognise it may be a great one - is this true for you?
4. **Question what you really want** Don't compare or use the fact of 'not having' as your driver - what do you want and have and could that be enough?
5. **Let go of your thoughts and feel the push** when you let the idea go with the right people it will expand and flourish - but you have to let it go. What could you let go?

What action will you UNLEASH to solve your puzzle as a result of what you've learned from the show?

Taking Josef's insights, how can they shape the action you'll take to resolve your puzzle?

GREAT QUOTES

"It's only now that something is successful that I am aware of how much failure has contributed to it." - **Josef O'Connor**

"The pandemic opened positive cracks in societies concrete path, allowing new talent to emerge" - **Josef O'Connor**

GREAT REFERENCES

[Engage with Josef's CIRCA:ART initiative](#)

[Read about Josef's global exhibition with David Hockney](#)

[Josef talks about art through COVID](#)

GREAT RESOURCES

Email your feedback to scotttheboom@icloud.com

Go to www.unleashtheboom.com for more free toolkits, online masterclasses, content and our book club.





BOOM! TIME LIVE

Every month, from Fora Borough studios

Sign up and never miss a guest or a Boom! Sheet

