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**The problem with shower thoughts is that you have to make an effort to retain the ideas once you get out—then you panic and forget most of them**



[Shot by Tim Wilson](#)

I tend to generate three (3) ideas every time I lather myself down in the most generic soap possible. I get excited about it; and then when it's time to wipe myself, I quickly recount all the ideas. Unfortunately, my brain being my brain, prioritizes the idea that feels like is the most

impactful. For that to happen, though: it has to clear its neural cache up and naturally expands the idea while mentally setting up roadblocks to the other ideas until I finally write it down.

Just like this one.

How might we solve this? It's one of the biggest pressing issues in my life and is also one of the reasons why I want to pursue Neural Engineering.

By [Carl Kho](#) on [May 27, 2022](#).

[Canonical link](#)

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