

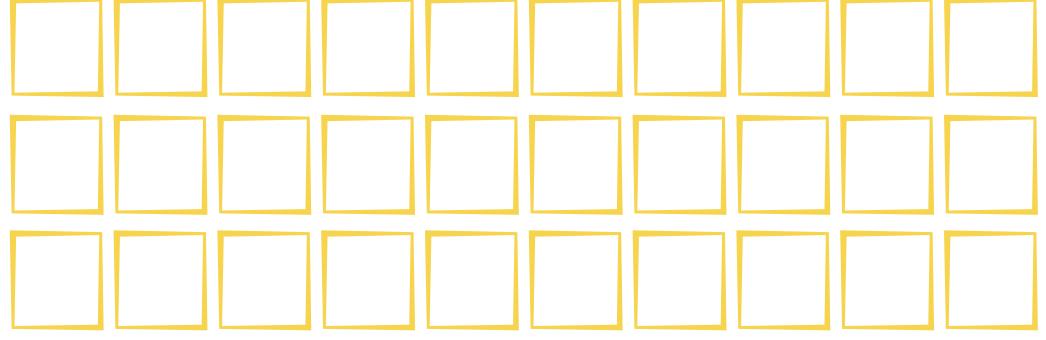
## Brainstorming for Design Thinking

This worksheet focuses on the readiness mindset for productive design thinking brainstorming. Practice this brainstorming technique to extend your ideation reach & capacity.



- 1. POSITIVE MINDSET: NO DOUBT, NO JUDGING.
- 2. GROWTH MINDSET: BE HUNGRY. BE INCLUSIVE. NO SELF-EDITING.
- 3. SPRINT MINDSET: EXPLOSIVE START. FOCUS. PUSH.

TASK: In each square, write a different use for a frisbee. Set a timer for 3 minutes.





- 1. MEASURE PERFORMANCE BY NUMBER OF IDEAS.
- 2. REPEAT DRILL TO DETECT PERFORMANCE IMPROVEMENT.
- 3. CHANGE THE OBJECT FOR MORE PRACTICE.
- 4. REDUCE TIME FOR INCREASED CHALLENGE.
- 5. MARK EACH IDEA WITH N, R OR C (N = NORMAL, R = RARE, C = CRAZY) TO GAUGE EXTENT OF IMAGINATION.