



UNFILTERED BRAINSTORMING WORKSHEET

PURPOSE: *Life change begins with a decision. But before you make that critical decision, you want to consider all possibilities. This worksheet is designed to guide you through a brain storming session. You can do this by yourself. However, it will be more fruitful to have a couple of friends or family members participate in the process. It is important that all participants accept the rules of the session. The rules are designed to nurture openness, broad unedited thinking, and remove fear.*



Form Your Brainstorm Team. Your brainstorm team should consist of people you trust, who know you, and who you believe will contribute to an unfiltered conversation about the decision you need to make. Research shows that creativity benefits significantly from diversity. I encourage you to put together as diverse of a group as possible. Jot down some names now and begin conversations with them.



Gather Supplies Pick Meeting Location. Ideally, pick up some Post-it Super Sticky Wall Easel Pads along with some color markers at your local office supply store. Then, find a place to gather with your team. You need some open wall space. Is there a room in your house that would work? Could you reserve a room at your local library? Or is there a room you could borrow at an office or school location? A setting that is different from home has its benefits and may help to spur new ideas.



Decide Top Level Question. What is the purpose of the brainstorming session? You have to give this careful consideration and define the question. Obviously, there are millions of questions. Here are a few samples:

"How do I return to college and finish my degree?"

"What activities and priorities would help me turn my part time business into a full time growth oriented business?"

"Which habits and lifestyle changes do I need to make to return to full health?"

"How could I take a year off from work and travel the world?"



Begin with the Right Attitude. Establish Rules. Before your meeting, put yourself in the right mental attitude. To do this, write for a while in a gratitude journal, pray or meditate, imagine very positive imagery or memories, or go for a walk. The goal is to enter the brainstorming session in a very positive and open state. Next, set the ground rules with your team. These should include:

- >Brief the team on the question you have chosen for the brainstorming session.
- >Stay focused on that topic, but accept new questions as they arise.
- >Make sure everyone is heard and involved.
- >Don't censor anything - allow all ideas - even crazy ones -and NO CRITICISM or JUDGING.
- >Write things down on your big wall pads.
- >Be ok with quantity over quality - create lots of ideas!



Brainstorm! Enjoy this process. Capture all the ideas without filtering anything. Play off of each other's ideas. Ask new questions if they help you refine your ideas. Make sure you don't cut this process short. Take plenty of time.



Go Do Some Investigation. New questions and ideas will emerge from your brainstorming session that require some research. Perhaps someone suggests a solution you haven't heard about before. Go check it out! Or, you may need some information to better understand a suggestion that was made. Once your brainstorming session is over, take all the notes and digest them. Perhaps organize them, type them up, and send a copy to your brainstorm team. Add in notes from any investigation work you did. Then revise your question, create more focused sub questions, and reconvene your brainstorming team.



Now Brainstorm on Focused Revised Question. our second go around at brainstorming should be focused on more specific questions. Continue to allow all ideas in an unfiltered manner. But, form new questions that will focus the attention on a narrower area. Your goal with this session is to walk away with enough material to support the first step, DECIDE, in the DISCIPLINE STRATEGY®.



Decide Takeaway and Action Plan. After your second brainstorming session you will have additional information. This should lead to new ideas for what you need to do next. All of this is designed to move you closer to making a life changing decision. Close out your brainstorming effort with specific ideas or sketches of final information you need before making a decision.