



# 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.

**READINESS**

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.


# ADDITIONAL

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.