


Use this template in your own brainstorming sessions so your team can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

- 🕒 10 minutes to prepare
- 🕒 1 hour to collaborate
- 👥 2-8 people recommended

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➔ **Before you collaborate**

A little bit of preparation goes a long way with this session. Here's what you need to do to get going


 10 minutes

- A Team gathering**
Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.
 - B Set the goal**
Think about the problem you'll be focusing on solving in the brainstorming session.
 - C Learn how to use the facilitation tools**
Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#) →

1 Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

 5 minutes

PROBLEM

How might we [your problem statement]?

Key rules of brainstorming


To run a smooth and productive session

- Stay in topic.
- Encourage wild ideas.
- Defer judgment.
- Listen to others.
- Go for volume.
- If possible, be visual.

2

Brainstorm

Write down any ideas that come to mind that address your problem statement.

 10 minutes

[illegible]

TIP You can select a sticky note and hit the pencil (switch to sketch) icon to start drawing!

3

Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. In the last 10 minutes, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

20 minutes

TIP

Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

FITNESS

- STRETCHING & FLEXIBILITY
- HEART RATE MONITORING (HRM)
- ENERGY
- EXERCISE TRACKING
- FRUITS
- VEGETABLES
- EXERCISE
- YOGA & PILATES
- PROTEIN
- HYDRATION
- STRESS MANAGEMENT
- WELLNESS
- FOOD
- HEALTHY EATING
- DIET
- WATER INTAKE
- SLEEP
- GLUCOSE MONITORING

FOOD KNOWLEDGE

CALORIES COUNTER

- MACRO NUTRIENTS
- METABOLIC RATE
- DEFICIENCY
- AGE & GENDER
- RESTING METABOLISM
- EXERCISE
- ACTIVITY
- SPORTS
- CALORIES COUNTING
- HEALTHY EATING
- DEFICIENCY MONITORING
- EXERCISE
- CALORIES COUNTER

FOOD REMINDER

- NOTIFY FOODS
- HEALTHY FOODS
- WATER REMINDER
- FOOD TIMER
- REGULAR FOOD LOG

TIP
Add customizable tags to stick notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

4

Prioritize

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important and which are feasible.

20 minutes



After you collaborate

You can export the mural as an image or pdf to share with members of your company who might find it helpful.

Quick add-ons

- A Share the mural**
Share a **view link** to the mural with stakeholders to keep them in the loop about the outcomes of the session.
- B Export the mural**
Export a copy of the mural as a PNG or PDF to attach to emails, include in slides, or save in your drive.

Keep moving forward

- 1. **Strategy blueprint**
Define the components of a new idea or strategy.
[Open the template →](#)
 - 2. **Customer experience journey map**
Understand customer needs, motivations, and obstacles for an experience.
[Open the template →](#)
 - 3. **Strengths, weaknesses, opportunities & threats**
Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.
[Open the template →](#)

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