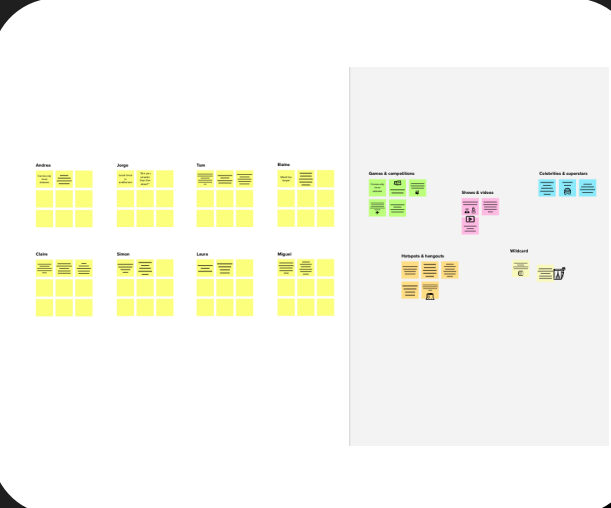


# Brainstorm & idea prioritization

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

Share template feedback



Need some inspiration? See a finished version of this template to kickstart your work. [Open example](#)

➔

## 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 make an Obese person Healthier?

To run an smooth and productive session

Stay in topic.

Encourage wild ideas.

Defer judgment.

Listen to others.

Go for volume.

If possible, be visual.

Key rules of brainstorming

2

## Brainstorm

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

10 minutes

MEGASH

Consulting a dietitian

Following the weight loss medicine and diet available in the market

Undergo Liposuction Surgery

Use a diet Tracker, nutrition assistant application

KISHORE KUMAR R

Regular physical activity

Set goals on reducing fat

Move on from junk foods

Stay hydrated

Minimize your sitting time

Get a proper night sleep

GOKULNATH R

Create a healthy eating plan

Undergo surgery with doctor's consent

Set goals with professional help

Consult a doctor and use weight loss devices

Take weight loss medicine along with healthy diet and regular physical activity

Use mobile app to calculate the protein and nutrients intake

BALAJJI P

Formulate active participation in sports activity

Health & eating

Exercise regularly

Limit fat intake and get rid of simple sugars

Prepare a dietary chart for eating

Practice yoga regularly to stay fit

Balance and controlled calorie diet

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

Regular physical activity

Take weight-loss medicines along with healthy diet and regular physical activity.

Exercis e regularly

Using a User Friendly nutrition assistant application

Use mobile app to calculate the protein and nutrients intake

NUTRITION TRACKER APPLICATION

Consulting a dietitian

Join weight-management programs conducted by weight-management specialists.

DIETITION CONSULT

Eat food with less saturated fat content.

Limit fat intake and get rid of simple sugars

Set goals on reducing fat

FAT REDUCTION STRATEGY

Choose your food healthy

Move on from junk foods

Create a Healthy eating plan.

Prepare a dietary chart for eating

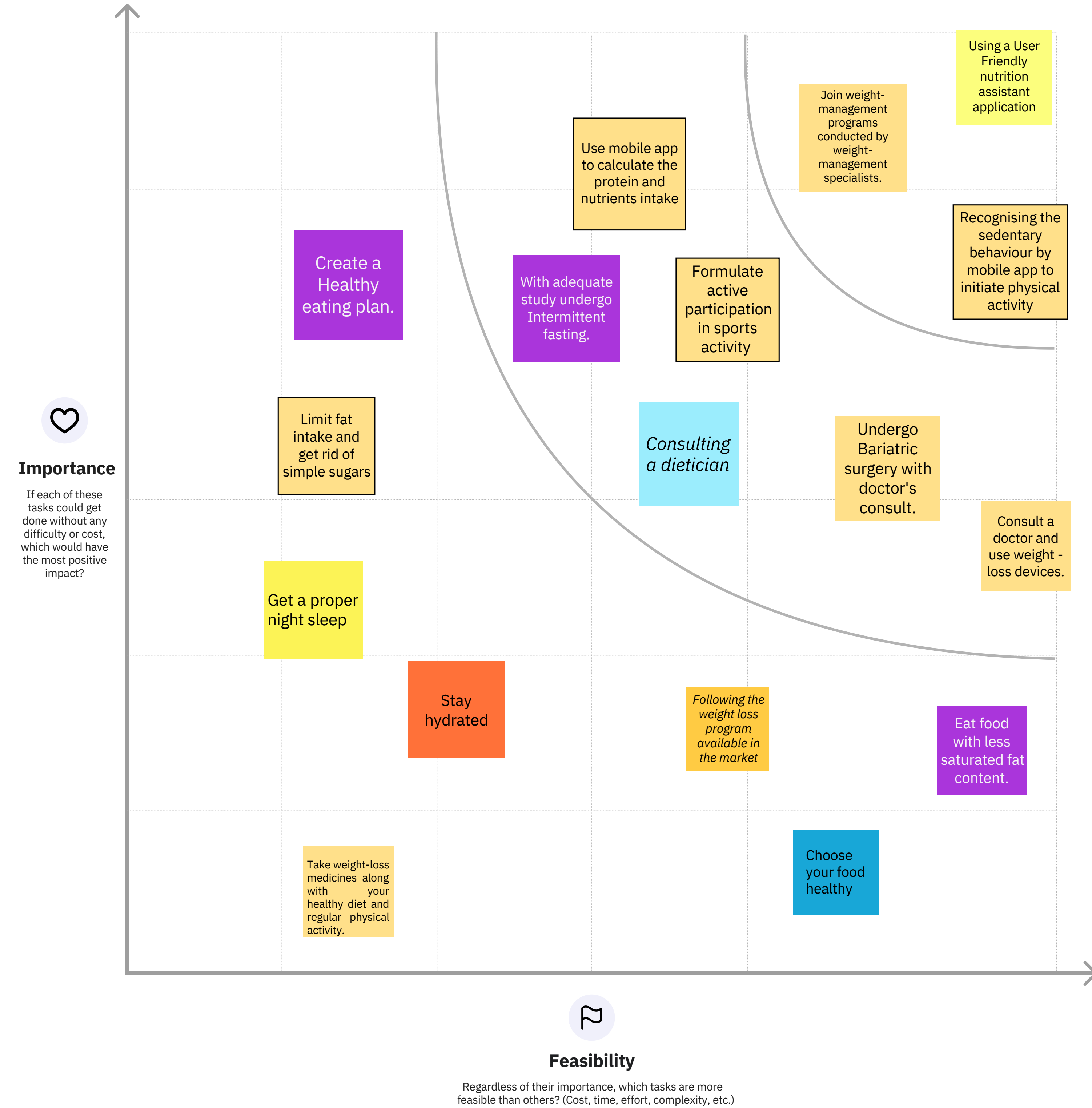
DIETARY PLANNING

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

A

#### Strategy blueprint

Define the components of a new idea or strategy.

[Open the template](#)

B

#### Customer experience journey map

Understand customer needs, motivations, and obstacles for an experience.

[Open the template](#)

C

#### Strengths, weaknesses, opportunities & threats

Identify strengths, weaknesses, opportunities, and threats (SWOT) to develop a plan.

[Open the template](#)

Share template feedback