# Brainstorm

**TIP**

You can select a sticky note and hit the pencil [switch to sketch] icon to start drawing!

## 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**

**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**

**2**

## Brainstorm

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

**10 minutes**

**4**

## Prioritize

**3**

**Group ideas**

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you and break it up into smaller sub-groups.

**20 minutes**

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**

# & idea prioritization

**PROBLEM**

**How might we [your problem statement]?**

### Use this template in your own brainstorming sessions so your team

1. **Team gathering**

Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

1. **Set the goal**

**ROSY**

Hydrocortisone cream

Ointments like calamine lotion.

**NANDHINI**

Probiotics Vitamin C

Limit your time in the bath to no more than 15 minutes each day.

**TIP**

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

Use soothing ingredients

Give your regular skincare routine a break

Avoid the sun

Foods rich in

### can unleash their imagination and start shaping concepts even if you're not sitting in the same room.

Think about the problem you'll be focusing on solving in

the brainstorming session.

1. **Learn how to use the facilitation tools**

Use the Facilitation Superpowers to run a happy and productive session.

Antihistamines

Oatmeal baths

Cold compresses

corticosteroids are good for poison ivy, oak, and sumac

Quercetin

Foods rich in Vitamin E

Magnesium

Blueberries, raspberries, and blackberries, as well as pomegranates

Foods with a high glycemic index

Check your diet

Use kitchen ingredients

**10 minutes** to prepare

**1 hour** to collaborate

**2-8 people** recommended

[**Open article**](https://support.mural.co/en/articles/2113740-facilitation-superpowers)

**ARULLAKSHMI**

refined grains. sugary cereals.

**ATCHAYA**

Find your beauty food

Sleep it off

Remedies I Use to Help Soothe My Irritated Skin

Pare down your product routine

**Key rules of brainstorming**

Use natural products

Sweat it out

foods with added sugars.

cookies

reduce skin reactions

Cleanse with a gentle soap made for sensitive skin.

To run an smooth and productive session

humectant

antibacterial

white bread

sugary beverages

Stay in topic. Defer judgment.

Encourage wild ideas. Listen to others.

**Importance**

Get professional help

If each of these

Go for volume. If possible, be visual.

tasks could get

done without any difficulty or cost, which would have the most positive impact?

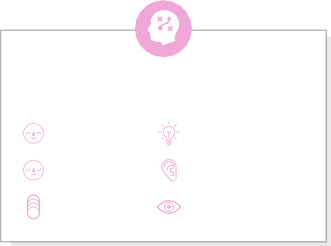
Keep your skin care routine simple

Practice relaxation techniques

**TIP**

Limit the use of alcohol and nicotine

Participants can use their cursors to point at where sticky notes should go on the grid. The facilitator can confirm the spot by using the laser pointer holding the **H key** on the keyboard.



[**Share template feedback**](https://muralco.typeform.com/to/CiqaHVat?typeform-source=app.mural.co)

**Feasibility**