

BRAINSTORMING WORKSHEET

1) List all the possible options:

- Write any ideas that come to mind
- Do not judge or discuss the ideas
- Come up with as many ideas as possible

2) Ask yourself these questions:

- What could be done to solve your problem?
- What other ideas can you think of?
- In the future, what could you do differently?

3) Evaluate Your Options:

- Which ideas or parts of ideas are you willing to do in order to solve the problem?
- Circle these ideas or parts of ideas on the brainstorming form.
- Evaluate the circled options based on the following criteria:
Specific; Balanced; Realistic; Lasting; Fair
- Invent way to make these ideas into a workable solution

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