

# Brainstorm

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Here's a tool to help you brainstorm and qualify action steps so they are aligned with your authentic goals

1. What's your goal?

*What would you like to accomplish?*

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2. What are the problems getting in the way of accomplishing this goal?

*Example: I don't have time to focus*

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3. Turn each problem into a problem statement by adding *how might we* before the problem

*Example: How might we achieve more time to focus*

How might we \_\_\_\_\_  
How might we \_\_\_\_\_  
How might we \_\_\_\_\_  
How might we \_\_\_\_\_

4. What are some ways to accomplish each problem statement?

*Create as many solutions as possible, using the following questions to help you brainstorm*

- What would be the ideal scenario to achieve this goal?
- What action(s) are in line with this ideal scenario?
- What action(s) have produced results for you in the past?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

5. Which actions feel good, effortless, right to you?

*Check off the ones that do*

6. To make sure those actions align, qualify each of them with the following questions...

- Does it excite you, even if you have fear around it? *If not, think twice. Is there another way to do it that does excite you?*
- Does this tie to your purpose? *If not, toss it.*
- Is there a more efficient way of doing this?