



# 10 steps to success

Bring your problem to the BrainstormGym.  
Mental fitness in a fun environment.

## Step 1



Go find a problem you want to solve.  
Now sign up and become a member  
at the BrainstormGym.

## Step 2

Meet the Coach.



Check in your problem.  
Describe your problem.



## Step 3

Now deconstruct your problem.  
Break it into components and list  
all its attributes.  
List the criteria for its solution.  
This is your warm up for  
entry to the gym.



## Step 4



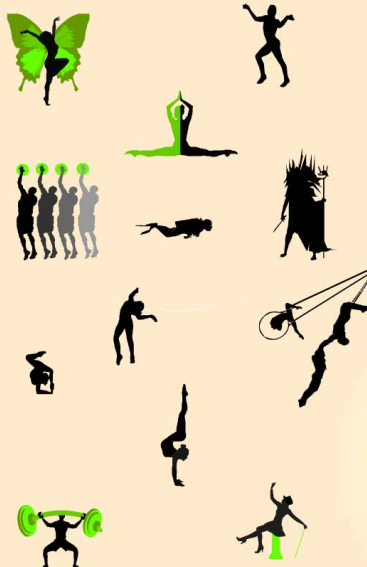
You are almost ready but first you need  
to leave some things in the locker.  
Make sure you strip yourself of all  
creative thinking blockers.  
Familiarize yourself with the gym rules.  
Suit up in your creative mindset.  
Now you are ready to enter.

## Step 5



Before entering watch the tutorial.  
Warm up and enter the gym.  
You now have access to 17 machines  
that will guide and help you play with  
ideas and concepts..

Welcome  
to the  
playground of your mind.



## Step 6



Now that you have generated some  
ideas you can view them on sticky  
notes on the notice board.  
Here you can organize and rate them.

## Step 7



All your ideas are now banked in  
the Ideabank.  
Review and update them.  
Sort them and see which have some  
potential.



## Step 8

Your performance dashboard will give  
you all sorts of ways to analyze what  
you have done in the BrainStormGym.  
Here you are able to rate your  
workout and even see how you  
can improve your sessions.

## Step 9



Brainstorm Analysis is where you  
compare your ideas to the criteria you  
listed to determine what idea has merit.

## Step 10



Download your ideas.