

brainstorm workout

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



Break Apart

Break apart is your first workout and is the start of your brainstorm journey.

Here you will dissect and highlight the core elements, noting all its attributes as well as listing its key features. Let's start to build your core strength! Break your problem apart and find the key to unlock your creativity.

What categories, key elements, subsections, or ingredients does it have? Who? What? Why? When? Where?



Combine

Bend over & connect your head to your calf & connect your toes to your finger tips. Connect the

unconnected. Combinations encourage new and unexpected integrations or collaborations from existing knowledge reassembled in a unique way. Combine words, ideas, perspectives, talents, domains, tasks etc.

What new or novel connections can u come up with?



Elaborate

Delve deeper into the details. Uncover opportunities & embellish the given.

This will add dimension to your idea. Pay attention to detail, depth and dimension. Set it as your mission to make it more desirable, more worthy, more beautiful or more sacred.

Think what can be done, or added, to improve or compliment the status quo.



Exaggerate

Exaggerate is the heaviest weights in the gym. It urges you to step it up, strengthen, broaden and go deeper than ever before. Here you will take things to the extreme, get your heart rate up and push yourself to the limit! Braag, boast, overestimate, overstate or over empathize.

What attributes of strength, beauty or value can you exaggerate?



Morph

Like the metamorphosis from a worm to larva, and from larva to butterfly, your problem will now reshape itself. Morph urges you to find the gaps, shift shape and transform itself to new possibilities.

Give things a new twist. Try seeing the whole and identify the gaps of knowledge.

Trust your brain to complete the picture to find patterns, the hidden truth, or a new meaning.



Opposite

Your problem can be split in two. Turn things backward or upside down. Reverse the roles, turn the tables or, turn the other cheek! Flip flop your end goal by think the opposite of your intended solution.

Hang on because here you work backwards, turn it around, you disagree, you think the opposite.

Break the rules and see possibilities.



Multiply

It's time to do some stretching! Search through your attributes and find something that can be overstated, magnified or intensified. Does anything need escalation or expansion? More time? Made stronger or duplicated? What feature can be augmented that would bring you closer to your goal?

Scan through your attributes to find a hidden gem with potential to grow, increase or duplicate.



Personify

Personification is simply giving human traits, such as emotions, desires and sensations to your problem. See your problem as another human being or a creature of some sorts.

Take your time to figure out who your problem is and use your imagination to conjure images and inspirations to ignite your problem solving.



gym workout sheet

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Break Apart

Who? What? Why? When? Where?



Combine

What new connections can u come up with?



Elaborate

How can it be elaborated, improved or complimented?



Exaggerate

What attributes of strength, beauty or value can you exaggerate?



Morph

Find patterns, the hidden truth, or a new meaning.



Opposite

*Turn it around, disagree, think the opposite.
Break the rules and see possibilities.*



Multiply

Find a hidden gem with potential to grow, increase or duplicate.



Personify

Who is your problem, what are its strenghts, its backgtound, its fears?