

## Solution-Focused Brainstorming

Research tells us that brainstorming can be an effective way to arrive at a conclusion, for a challenge at hand. Focusing on a solution, rather than a problem allows us to have a more positive outlook and to think more clearly & critically. We encourage you to try.

**What problem are you trying to solve?**

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What ideas do you have to solve this problem?

Idea	Advantages	Disadvantages

Given the above, what is a next course of action you can take?

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