

Brainstorming

Developing ideas can be challenging for people with higher levels of focus, but this “lotus blossom” technique can help. On a blackboard or sheet of whiteboard paper, enter your main idea into the middle box, “I”. Brainstorm related concepts or concerns and enter those into middle boxes, “A” through “H”. Transfer those new concerns to the centre box of their corresponding grids and repeat the process, using each of the transferred concepts as the new central theme for its grid (Mourdoukoutas & Tatsuno, 1991).

