



WORKSHEET

GENERATE IDEAS
IN 10 MINUTES.

This is a worksheet best paired with the **Flashstorming Idea Acceleration System**. In it, you'll find expanded notes on how to frame the right problems, and more creative triggers to spark your next bright ideas.

The LITE version is free to download. It's a taster to what's in store in the full system.

Flashstorming Full System breaks down the tactics to framing problems, generating, and judging, ideas. The digital handbook is available for purchase.

Here's the truth: **creativity isn't magic. It's muscle. And you can crank out 15-20 ideas in minutes. Yes, MINUTES.** In fact, practice it enough and you'll be spitting out more ideas, faster than you can say 'flashstorm!'

Happy Flashstorming!

5 STEPS: F.L.A.S.H

1 FRAME THE PROBLEM.

Don't just define it—flip it on its head. Ask the question in a way that makes your brain squirm.

2 LIMIT YOUR TIME.

Forget marathon sessions. Give yourself absurdly short bursts—5, 7, 10 minutes max. A ticking clock is your creative boost.

3 AMIAP

(As Many Ideas As Possible)

This is your dump zone. Amplify with creative triggers—random words, memes, doodles, even that weird object on your desk.

4 SCRIBBLE FAST. STUPID WELCOMED.

Speed over polish. Ugly handwriting, bad spelling, and “stupid” ideas are all welcomed. In fact, stupid is gold.

5 HIT THE HAUL.

Now raid the pile. Circle the gems, smash two together, hammer them into shape.

FLASHSTORMING CREATIVE TRIGGERS

#1 **5 W's**

Who, what, when, where, why.
Run through the five W's and keep asking questions to spark new angles.

#2 **POV FLIP**

Wear many hats.
Take on the brief with different perspectives.

#3 **RANDOM
WORD**

Find a random word and force-connect it to your problem.

F.L.A.S.H

LIMIT
YOUR
TIME.

MIN

FRAME THE PROBLEM.

Set your challenge in
a way that makes
your brain squirm.

1
2
3

AMIAP

As Many Ideas
As Possible

1
2
3

1
2
3

SCRIBBLE
FAST.
STUPID
WELCOMED.

HIT THE HAUL.

It's time to cull,
tweak, refine.

1
2
3

1
2
3

Creativity isn't a club. it's a habit. Keep practicing, even for 5 minutes a day. You'll be Flashstorming like a pro in no time.

