Brainstorming

According to Wikipedia**, "brainstorming** is a group or individual creativity technique by which efforts are made to find a conclusion for a specific problem by gathering a list of ideas spontaneously contributed."

I think the rule is; do not rule anything in or out until you are drained of ideas.

Say, for example, you decide you want to join some new clubs but can't think of any initially.

1. Spend some time with a blank piece of paper, or with a friend or family member, and come up with every club or association that you can imagine where people share a common interest. Anything goes until you run out of ideas.

2. Here are a few of my random thoughts devised in about 60 seconds (I suggest you spend longer brainstorming, you will be surprised how many you come up with):
   a. Tennis
   b. Chess
   c. Reading
   d. Photography
   e. Hiking
   f. Yachting
   g. Art – doing or collecting
   h. Historic places
   i. Stamp collecting
   j. Quilting
   k. Knitting
   l. Gardening
   m. Charitable efforts
   n. Boy scouts
   o. Girl guides
   p. Sports

3. Now cross out all of those that are of no interest to you and tick the ones that appeal most.
   a. ~~Tennis~~
   b. Chess √
   c. Reading √
   d. Photography√
   e. ~~Hiking~~
   f. ~~Yachting~~
   g. ~~Art – doing or collecting~~
   h. ~~Historic places~~
   i. ~~Stamp collecting~~
   j. ~~Quilting~~
   k. ~~Knitting~~
   l. Gardening √
   m. ~~Charitable efforts~~
   n. ~~Boy scouts~~
   o. ~~Girl guides~~
   p. ~~Sports~~

4. So that suggests you look out for:
   - Chess clubs
   - Book clubs
   - Photography clubs or classes
   - Gardening clubs or classes

5. Google each of those and find contacts and meeting places in your local area.

6. Find out which feels the most interesting and the easiest to join up with and book in!

   Find more tools and resources on www.futurefocusplan.com