this

is

where

I

note

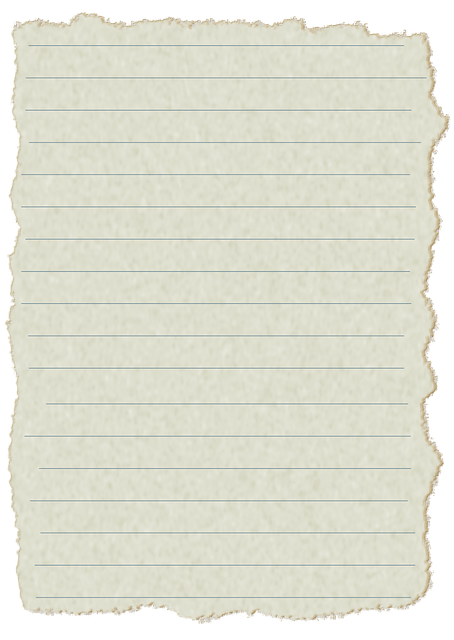
down

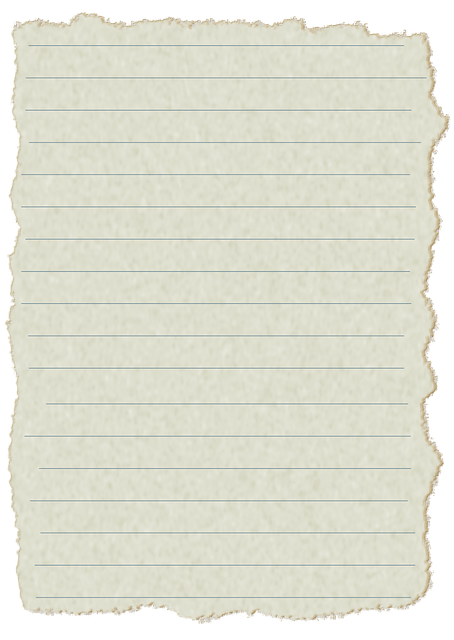
my

ideas

40 page lined/templates journal

This journal is used and filled by: [Name]  
 [Affiliation]

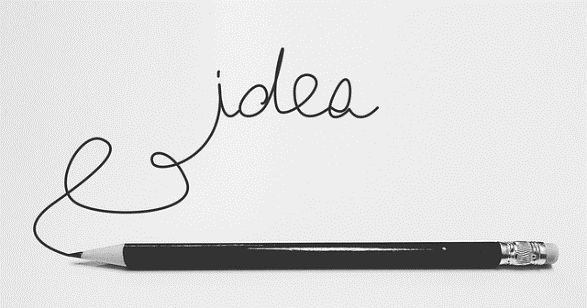




Brain  
Storming

Reflective writing (e.g. write down what comes to mind for 3 minutes non-stop)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Idea sheet #… name of idea: | | | |  |
| description | | |  | |
| pros | |  | | |
| cons |  | | | |
| conclusion | | |  | |



Visual idea sheet #…  
name of idea:

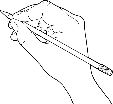


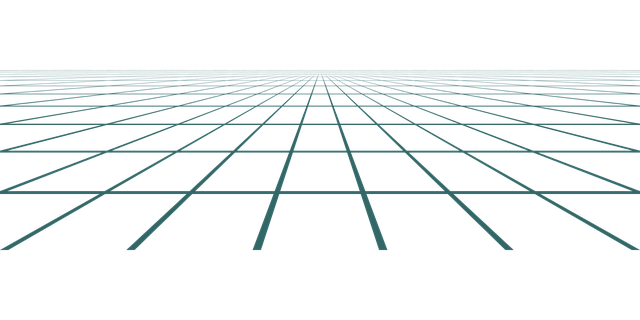
|  |  |  |
| --- | --- | --- |
| What I(‘d) say |  | What others (might) say |



|  |  |
| --- | --- |
| Dear future, I am writing to you … | Dear past, thanks … |



Draw



Draw