Nine things on your mind.

Session _____

Date _____

Draw nine boxes. Write down what is on your mind, no more than nine things. A ten-minute exercise to see what is taking up space in your head.



1 INVITATION

"What is on your mind right now? Write down no more than nine things. One thing per box. You do not have to solve them, rank them or share them." A thing can be a question, a worry, an unfinished conversation, an idea, something you are looking forward to or a practical task. Work and life can sit on the same page.



2 SPACE AND MATERIALS

One page. Draw three rows and three columns, making nine boxes. Something to write with.



3 PARTICIPATION

Start with your own thoughts. Use a few words you will recognise later. There is no prescribed order: the centre box is not more important than the corners. Empty boxes are allowed; nine is a maximum, not a target. If you are facilitating, leave space for silence and do not turn every box into advice.



4 GROUPS

Alone, or with a team such as a management team. Everyone fills their own grid first. Then compare: what shows up for several people, and what only for one? Sharing is optional, and do not collect or photograph the pages without permission.

The five structural elements come from Liberating Structures: this card includes content from liberatingstructures.com by Keith McCandless, Henri Lipmanowicz and Nancy White. Licensed under CC BY-SA 4.0, and so is this card.



5 STEPS AND TIME

10 to 15 minutes in total.

1. **Make the page**
   Draw three rows and three columns.
2. **Ask the question**
   "What is on my mind right now?" Start with what comes up, not with what you think ought to matter.
3. **Write**
   One thing in each box, in any order. Stop at nine. Do not rank or solve while writing.
4. **Look**
   Take a quiet moment to see the page as a whole.
5. **Notice**
   What do you see now that was harder to see when it was only in your head? A connection, a surprise, a recurring concern, or simply what is there.
6. **Stop, unless you need more**
   An overview is a valid result. There does not have to be an action at the end.

Tip 10 to 15 minutes in total. It is a quick dump, not a long reflection.