Feedforward:

Rules:
- Do this activity as quickly as possible.
- You can not respond to someone's ideas in any way.
- After someone gives you an idea, say only "Thank You" and move on.

Process:

1. Pick one area that you want to get better at.
2. Walk up to someone, tell them what you want to get better at, and ask for their ideas. *i.e. "I'd like to be a better listener. If you had a couple of ideas to help me get better in the future, what would they be?"*
3. Write down whatever the person says.
4. Say "Thank You."
5. Then, you switch roles and the other person tells you what they want to work on.