



TRIZ EXERCISE

STEP 1: Start by writing down either your Problem Statement or a Root Cause identified through the diagnostic phase of your project in the box at the top of your worksheet

STEP 2: Ask yourself, “how could we make this problem worse?” and write down your ideas in the left side column of the TRIZ Exercise Worksheet

STEP 3: Reverse your ideas from Step 2 into the positive to create either a list of Change Concepts or Change Ideas you can use to address your problem. Record these Change Concepts or Change Ideas in the right-side column of the TRIZ Exercise Worksheet.

PROBLEM STATEMENT OR ROOT CAUSE		
HOW COULD YOU AND YOUR TEAM MAKE THE PROBLEM WORSE?	REVERSED IDEAS (POSITIVE)	
	➔	
	➔	
	➔	
	➔	
	➔	

Note:

This exercise can be completed either using your Problem Statement or an identified Root Cause, but your results will be different.

- If a Problem Statement is used, you and your team will generate Change Concepts that can then be used to develop Change Ideas.
- If a Root Cause is used, you and your team members will generate actionable, measurable Change Ideas for improvement.

