## PAINstorming Tool | Worksheet

Persona	Who or what are we innovating for?	Write the name and a brief description of the persona.
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Activities	What is the "job to be done"? What do they do to achieve this, why, and to what ends?	Job to be done: Activities:
Insights	What are the processes, tools, or activities they unnecessarily do or invented to "work around" the way things are "supposed" to be done?	Insights:
Needs	What are the activity or job specific pain points? What is challenging, risky, or prevents the job from getting done?	Job-specific Pain Points:
	What pain points span jobs and activities?	Spanning Pain points:
Gains	What are the activity or job specific gain points? What is satisfying, beneficial, or helps get the job done?	Job-specific Gain Points:
	What gain points span jobs and activities?	Spanning Gain Points:

