

# 4-Up

15 minutes

Remote Focused

Beginner

Kill perfectionism through sheer speed. Four minutes to sketch four different solutions forces your brain to move past the obvious first idea. This works because...

## H HOW TO RUN

### 1 Setup

2 min

- Give everyone a sheet divided into four quadrants (or set up a digital canvas with four boxes). State the design challenge clearly - be specific about what you're designing. Not "improve the dashboard" but "design how users first see their key metrics when they log in." Make sure everyone understands the constraint and the user context.

### 2 Silent Sketching

- Set a timer for exactly four minutes. Everyone sketches four different approaches - one per quadrant. These aren't refined wireframes; they're thinking tools. Boxes, arrows, labels, stick figures - all fine. The goal is capturing different layouts, information hierarchies, or interaction patterns. No talking during this phase. If someone finishes early, push them to add a fifth variation or refine their thinking, don't let them stop.

### 3 Individual Sharing

6 min

- Each person quickly shares their four sketches (30-45 seconds per person). They highlight which one they think is strongest and why. No group discussion yet - just show and tell. This prevents early consensus from shutting down diversity of thought.

### 4 Pattern Discussion

3 min

- Look across everyone's sketches. What approaches appeared multiple times? What's genuinely different? Are there unexpected combinations worth exploring? Identify 2-3 directions that seem most promising. The repeated patterns tell you something about shared intuition; the outliers might be brilliant or crazy.

## O OBJECTIVES

- > Generate multiple solutions quickly before analysis paralysis sets in
- > Reveal different mental models and priorities across the team
- > Create divergent options as foundation for convergent decisions
- > Break perfectionist tendencies through time pressure

## M MATERIALS

- Paper divided into 4 quadrants (print templates or hand-draw the grid)
- Thick markers or pens
- Timer (visible countdown helps maintain pace)
- Digital alternative: Figma/Miro with 4-box templates
- Wall space to post sketches for comparison

## P PARTICIPANTS

3-20

## F FACILITATOR NOTES

### REMEMBER

- Start by showing terrible sketches as examples.
- Emphasize that drawing ability doesn't matter - boxes labeled "user name goes here" are perfectly fine.
- The fear of being judged for bad drawings kills participation.
- Make it explicitly okay to be rough.

### KEY TIP

\*Setting the Right Tone\*\*