

# Anatomy of a 'How might we' question

This is a particular frame to encourage forward thinking, and contains:

- the challenge/opportunity
  - an action
- and
- a user

These questions **don't contain a solution** (this shuts down idea generation), and are pretty broad, but are specific enough to generate ideas.



For example...

How might we  
improve mental health  
by improving access  
to green space for  
young people?

