

Brainstorming Sheet for The 5 Step Process

This is a two page download. Page 1 will help you brainstorm ways to cool down, people to talk to and self care ideas. This helps you with steps 1, 2 and 5. Page 2 helps you with step 3 and 4, creating and doing the plan.

Cool Down: Brainstorm short, relaxing things you can do to calm down

Talk it out: Plan out who you can talk to and how to talk to them (facetime, text, snapchat etc)

Self Care: Brainstorm things you can do for self care at the end of this process

Step 1: Write it all out. Write out everything that is happening in the scenario. Write out what you need to tackle and everything else going on in your life.

Step 2: Make action items. Look at the first block and see if you can pull out actual tangible action items that you can add to your to do list.

Step 3: The first 3. Write your first 3 to-do list items to get a head start.






