

By

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The Problem Solver!

This helps you creatively brainstorm your problems - with whatever face or spikey animal to help memory retention!

Draw a circle on a blank piece of paper

Put a little smiley face on it

Draw lots of spikes around the face

Write your Problem in the middle of the face (or above if you prefer)

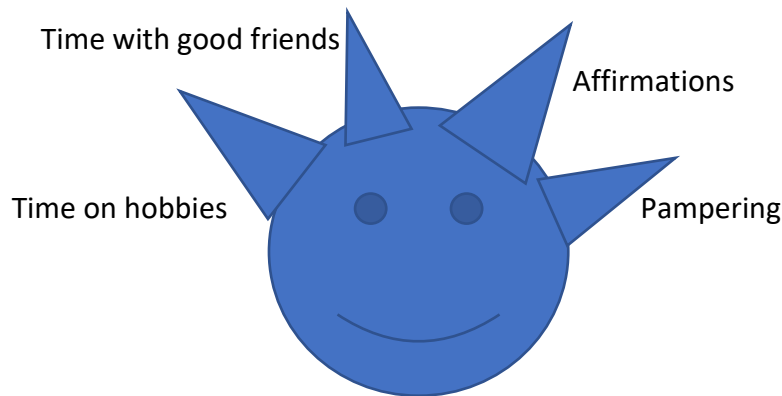
Write and label the spikes with possible responses, actions and solutions

Finally add any new thoughts about the problem to any spare spikes

Remember, when brainstorming like this, there is no such thing as a bad idea.

Just write down whatever comes to mind and then discard if not required.

Self Love



(This a small example of the exercise. Come up with as many as you can)