# Healthy Stacey Brainstorming Worksheet

**Mornings**

Problems:

Solutions:

**Afternoons**

Problems:

Solutions:

**Evenings**

Problems:

Solutions:

Additional Category Ideas:

Days of the Week (Sun, Mon, Tues, Wed, Thurs, Fri, Sat)

Times of the Year (Busy times at work, Holidays, etc.)

Relationships (List the people in your life)

Physical Self (List the issues you have with your body)

Mental/Emotional Self (List the issues you have internally)