

Problem Solving Skills Worksheet

1. Define the problem you are having

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2. What do you want to change /What is your goal/ desired outcome?

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3. What can you do? Brainstorm for alternative solutions (No answer is good or bad here).

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

4. What are consequences of each choice? Weigh out your options (what has the most “pro’s” and the least “con’s”)

Solutions	Pros	Cons
a.		
b.		
c.		
d.		

5. Choose the best solution for you at this time

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6. How are you going to implement and carry out the solution (what are the steps/objectives to reaching your goal)

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7. Monitor your goal and evaluate the outcome. Do you need to change solutions? Do you need to modify your plan? Do you need to change your time frame?

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