
Problem-Solving

Step 1. Define the problem in simple terms: _____

Step 2. Brainstorm about solutions (without screening): _____

Step 3. Evaluate the practicality and effectiveness of each solution (with either “+” or “-”): _____

Step 4. Choose one or a combination of solutions: _____

Step 4. Commit to following through with your behavior: _____

Step 5. Evaluate the entire problem-solving method: _____
