

# Problem Solving Worksheet

1. **Define your problem.** (Just one. Keep it real specific. Write it below.)
2. **Brainstorm possible solutions.** (The more the better! List below.)
3. **Eliminate unwanted suggestions.** (Cross out any that you can't imagine doing yourself.)
4. **Select one potential solution.** (Which one can you imagine yourself doing this week? Circle it.)
5. **Generate possible obstacles.** (What might get in the way of this working? List below.)
6. **Address each obstacle.** (If you can't solve each obstacle, pick a new solution and go through the steps again.)
7. **Make the selected solution for your assignment this week.** (List below exactly when and how you'll do it.)
8. **Evaluate the outcome.** (Did it work? If some changes are needed, list them below and commit to trying it again.)