

How Do I Solve This Problem?

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.