

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.]