PROBLEM-SOLVING WORKSHEET

DESCRIBE THE PROBLEM:

WHAT IS BOTHERING YOU?

HOW DOES IT MAKE YOU FEEL?

PROBLEM-SOLVE:

WHAT DO YOU WANT TO FIX SPECIFICALLY?

BREAK THAT PROBLEM INTO 2-3 SMALLER PROBLEMS:

PROBLEM-SOLVE:

PRODANAMIND

THINK OF 3 DIFFERENT SOLUTIONS TO SOLVE THE FIRST SMALL PROBLEM, DON'T HESITATE TO USE THE INTERNET:

SOLUTION 1

SOLUTION 2

SOLUTION 3

THINK OF 3 DIFFERENT SOLUTIONS TO SOLVE THE FIRST SMALL PROBLEM, DON'T HESITATE TO USE THE INTERNET:

PRODANAMIND

DECIDE:

LOOK AT THE COST AND GAIN OF EACH SOLUTION BOTH SHORT AND LONG-TERM.

SOLUTION1

PROS (SHORT AND LONG TERM)

CONS (SHORT AND LONG TERM)

SOLUTION 2

PROS (SHORT AND LONG TERM)

CONS (SHORT AND LONG TERM)

SOLUTION 3

PROS (SHORT AND LONG TERM)

CONS (SHORT AND LONG TERM)

GREAT, NOW SELECT THE SOLUTION THAT YOU'RE THE MOST INTERESTED IN.

MAKE SURE YOUR SOLUTION IS SOMETHING THAT YOU'RE CAPABLE OF DOING, DON'T AIM TOO HIGH OR TOO LOW.

WHAT SOLUTION DID YOU CHOOSE?

WHAT IS THE FIRST STEP THAT YOU NEED TO TAKE?

HOW WILL YOU DO IT?

WHEN WILL YOU DO IT?

Great, now experiment with that first step and see how it plays out.

If you come across another problem then you can go through this process again to solve it.

If you want more resources like this then make sure

to visit **prodanamind.com**