



Journal Activity

Are you good at solving problems?

Try to think of a problem where you can apply the Problem Solving Formula. Practice using the Problem Solving Formula by trying it out on an issue you are facing. Fill in the blanks below:

1. Identify the Problem _____

2. Create Options _____

What are 3 possible things to do? _____

3. Get Help _____

Who are 2 people who might help? _____

4. Take Action _____

When will you do it? _____

5. Believe in Change (Circle where you are.)

1 2 3 4 5 6 7 8 9 10.

I can't

Maybe

I know I can

6. Jump Back Up _____

What will you do if your first plan doesn't work? _____
