



My Problem Solver action plan



Problem and possible solutions

1. State the problem in your own words. Explain why you want to solve the problem.

2. List some ideas for solving the problem. Check the ideas you think are best for you.

Step-by-step action plan

Step	What will you do?	When will you do it?
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____

Look back – look ahead

After giving your best effort to follow the plan, ask yourself, “**Did I solve the problem?**”

- If yes, celebrate your success and thank those who helped you. Be ready to solve another problem, when necessary.
- If no, ask yourself, “What can I do differently to make this plan work for me?” Or select a different idea for solving the problem and make a new step-by-step action plan.