

## Worksheet

**Problem** – Step 1 – What is the current situation and what is the current situation keeping me from doing that I would like to do?

**Impact** – Step 2 – How am I negatively impacting the situation or helping to create the problem?

**Cost/Benefits** – Step 3 – If the problem is not resolved, what is the cost in the short term? What's going to happen in the long term? If the problem is resolved, what are some of the short-term benefits? What would be some of the long-term benefits?

**Brainstorm** (big actions) – Step 4 - What are 5-7 possible ways to solving this problem?

- 1.
- 2.
- 3.
- 4.
- 5.

**\*\*Discuss with the individual the possible pros and cons of each of the above solutions.**

**Actions** (small steps) - Step 5 – Select the 1-2 best solutions from the above list. What are the actions that you need to take to begin working on the solutions.

- 1.
- 2.
- 3.
- 4.
- 5.

**\*\*Discuss with the individual a possible timeline when these small steps will be taken.**