

Problem Solving Worksheet

1. **Define your problem.** *(Just one. Keep it real specific. Make it positive. 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 yourself doing.)*
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 & go through the steps again.)*
7. **Make the selected solution your assignment for the week.** *(List below exactly when/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.)*

Source: Dr. Jane Ellen Smith / Hendrik Roozen — University of New Mexico. CRAFT training worksheet.