

**New Day Psychology
Problem Solving Worksheet**

Name:

Date:

Step 1	Identify the Problem Break it down into smaller steps and decide what you need to action first
Step 2	Brainstorm and write down as many ideas as you can that might help solve the problem, no matter how silly they seem – don't dismiss any possible solutions.
Step 3	Consider the pros and cons of each possible solution, using a separate piece of paper.
Step 4	Choose one of the possible solutions that looks likely to work, based on the advantages and disadvantages
Step 5	Plan out step-by-step what you need to do to carry out this solution. What? When? How? With whom or what? What could cause problems? How can you get around those problems? Is this realistic and achievable?
Step 6	Do it! Carry out the plan
Step 7	Review how it went. Was it helpful? Did you achieve what you set out to achieve? If not, how could you have done it differently? Did you achieve any progress, however small, towards your goal? What have you learned?
Step 8	If you achieved your goal – consider tackling the next step of your original problem. If you didn't fully achieve your goal – make adjustments to your chosen solution, or return to steps 3 and 4 and choose another possible solution.