

5 Step Problem Solving

STEP 1

WHAT AM I FEELING?

Am I curious, calm, angry, disappointed, or anything else?

STEP 3

WHICH ARE THE SOLUTIONS?

*How can I solve this problem?
(List as many solutions as you can think of)*

STEP 2

WHAT'S THE PROBLEM?

The problem I'm facing is.....

STEP 4

WHAT WOULD HAPPEN IF?

What would happen if I tried each one of these solutions?

STEP 5

WHICH ONE WILL I TRY?

I will choose one or more solutions to try. If the solution doesn't work, I will try again with another solution from Step 3. I will keep trying until the problem is solved.