



Problem Solving Guide



Practical problem	
Situation	Worry
Example: I have a credit card bill due.	I'm worried I can't pay my bill.

Step 2: What are your solutions

Use this table to come up with solutions to your problem.

	Solution	Advantages	Disadvantages
1			
2			
3			
4			
5			



Step 3: What's your action plan

Did you weigh up the solutions by looking at the advantages and disadvantages?

Were you able to identify the best solution?

Now it's time to act.

Use the table below to put together your action plan of how you will implement the solution.

When do you plan to do it? It helps to set yourself a date.	Where do you plan to do it?	How do you plan to do it?	Who can help you do it?