



Problem Solver

BREAK IT DOWN · FIGURE IT OUT



Big problems feel scary. Small problems feel doable. This worksheet helps make a big problem into smaller, solvable pieces.

1. What's the problem?

Say it in one sentence.

2. How does it make me feel?

Name the feeling — even just one word.

3. What are 3 things I could try?

Write any ideas — silly ones too! No bad answers yet.

4. What might happen if I try each one?

Think it through — pros and cons.

5. Which one will I try first?

Circle it. Write when you'll try it.

6. After trying — what happened?

Did it help? What did I learn?
