

# Problem Solving 101

5 SIMPLE STEPS TO APPROACHING AND SOLVING CHALLENGES IN YOUR LIFE



*ASK*

ASK YOURSELF - IS THERE A PROBLEM? WHAT IS THE PROBLEM? HOW BIG IS THE PROBLEM?



*BRAIN  
STORM*

COME UP WITH DIFFERENT POSSIBLE SOLUTIONS OR IDEAS FOR HOW TO SOLVE THE PROBLEM. WRITE DOWN EVERYTHING YOU CAN THINK OF.



*CHOOSE*

THIS STEP IS ALL ABOUT PICKING ONE SOLUTION TO TRY. ASK YOURSELF, "WHAT SOLUTION WILL BEST SOLVE MY PROBLEM?" REVIEW YOUR LIST OF SOLUTIONS AND IDEAS AT THIS TIME.



*DO IT*

HERE'S WHERE YOU ACTIVELY ATTEMPT TO SOLVE THE PROBLEM. USE THE SOLUTION YOU PICKED FROM THE 3RD STEP



*REVIEW*

EVALUATE YOUR RESULTS. DID THE STRATEGY OR SOLUTION YOU PICKED WORK FOR YOU? IF NOT, IT'S TIME TO EVALUATE WHY IT DID NOT WORK, AND REVIEW YOUR OTHER IDEAS TO SEE IF ONE OF THE OTHER OPTIONS MIGHT HAVE WORKED BETTER.