

PROBLEM-SOLVING WORKSHEET

Name:

Date:

1. **Problem:**

2. **Goal:**

3. **Brainstorm potential options/solutions**
4. **Pros versus Cons (e.g., explore effort, time, emotional impact, involving others, etc.)**

Potential Options/Solutions	Pros What makes this a good choice?	Cons

5. Option/Solution:

6. Develop an action plan that is Specific, Measurable, Attainable, Realistic, Timely (SMART)

Specific: Clearly what you want to accomplish. What is the desired result?
Measurable: Does the action step include a number, target or milestone that shows your progress?
Attainable: Is it a reachable goal or action step? Do you list the resources and time available to you to complete?
Realistic: Does it make sense and is it consistent with your health goals, personal health status, your beliefs and values?
Timely: Does your action plan/goal have a beginning and an end?

7. Evaluate the Outcome

a. Review the progress made

b. How satisfied are you with your effort 0 – 10 (0 = Not at all; 10 = Super)

1 2 3 4 5 6 7 8 9 10

c. Rate your mood on a scale of 0 – 10

1 2 3 4 5 6 7 8 9 10