



MY PROBLEM SOLVING RECORD WORKSHEET

What is the worry you'd like to try and solve? Convert this into a practical problem if not already done so.

My worry:

My practical problem?:

Identify a solution

Identify as many potential solutions as possible to the problem identified and write them down. Don't worry at this point if the solution seems ridiculous. It's important not to reject anything too early.

What are the potential solutions? (Remember not to dismiss anything too early!)

