

Problem-solving – Identifying when a problem exists

What are your priority tasks or goals right now?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there any barriers or challenges you are facing in achieving those tasks or goals?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you think is causing those barriers or challenges?

- 1.
- 2.
- 3.
- 4.
- 5.

- Do you have some control over fixing this problem? Yes/No/Unsure
- With your priorities in mind, is this barrier or challenge something you want to fix? Yes/No/Unsure
- Are you open to making changes in your life to fix this problem? Yes/No/Unsure

If you answered yes to the last three questions then you have a challenge to work on that you could tackle with good problem solving skills.

If you answered no, that's okay, some problems are complex and not easily solved. Think about breaking the problem into smaller pieces. Working on smaller tasks and priorities can be an easier place to start.