



Project Me

date: _____

challenge solver action sheet

What's your problem or challenge?

How is this making you feel? What's this problem costing you?

How will you feel to have this solved?

How will you feel if you do **nothing**? What will happen if you *don't* take action?

What ideas do you have? (What has worked before? What hasn't worked? What could be done differently?)

From your ideas list, choose something to try. What will you do? Get specific. How long will it take? (Often it's less time that you think.) When will you do it? Schedule it in. This is crucial.

If your challenge feels overwhelming, break it down into small, manageable chunks. One small step at a time will get you there!

Print off an **Ideas Into Action Sheet** and create your plan. You can do this!