

## ★ Challenge Solver ★

What's my problem or challenge?

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

How will I feel to have this solved?

What will happen if I don't take action? How will I feel if I do **NOTHING**?

What ideas do I 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 this challenge feels overwhelming, turn the page over and break it down into small manageable chunks. One small step at a time will get you there! **CREATE A WRITTEN ACTION PLAN!**

