

## Problem-Solving Journal – Reflecting on Challenges

### Worksheet: My Problem-Solving Plan

#### 1. Describe the problem:

What is happening? Who is involved? Where and when does it happen?

#### 2. How does it make you feel? Circle or write down emotions (e.g., frustrated, worried, sad, angry, confused).

#### 3. Brainstorm Three Possible Solutions:

Think of different ways to solve the problem. What could you do?

o Solution 1:

o Solution 2:

o Solution 3:

#### 4. Pros and Cons: What are the good and bad sides of each solution?

o Solution 1 Pros: ..... Cons: .....

o Solution 2 Pros: ..... Cons: .....

o Solution 3 Pros: ..... Cons: .....

#### 5. Which one will you try first? Pick the best option and explain why.

o .....  
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#### 6. What was the result? Did it work? How do you feel now?

If not, what will you try next?

o .....  
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