



Reflect and Prepare

Name: _____

What Is Problem-Solving?

Problem-solving means responding to challenges with action, creativity, and strategy. It's a learnable skill that helps you stand out and move forward, especially when others freeze.

Why This Matters to Me

Why is problem-solving important in your life, career goals, or training program?

My Challenge Response Style

When problems show up, I usually:

- ☐ Panic or freeze
- ☐ Get creative
- ☐ Push through
- ☐ Avoid it
- ☐ Ask for help
- ☐ Something else: _____
- ☐ What I'd like to change: _____

Belief Shift

Circle or write a belief that helps you solve problems:

"Every problem has a first step."

"Mistakes are part of the learning curve."

"Problem-solving builds trust and value."

"I don't need to know everything—I need to stay resourceful."

Other: _____



Problem-Solving Practice + Progress

Name: _____

My 28-Day Problem-Solving Habit

What problem-solving habit or mindset will you practice this month?

When will you apply it (situation, setting, or time)? _____

How will you track or reflect on progress?

☐ Daily challenge log ☐ Weekly reflection ☐ Peer or mentor feedback

Restart Plan

When I get stuck or overwhelmed, I will:

☐ Break it into steps

☐ Take a pause and return

☐ Use my anchor phrase: " _____ "

☐ Ask someone to help me think through it

Weekly Reflection Prompts

1. What problems did I face this week and how did I respond?

2. What worked well, and where did I feel stuck?

3. How did problem-solving impact my confidence or results?

4. What would I approach differently next week?

28-Day Problem-Solving Tracker

Focus habit or situation: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

✓ Resourceful ✓ Stuck ✓ Creative

✓ Strategic ✓ Overwhelmed ✓ Clear

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

✓ Resourceful ✓ Stuck ✓ Creative

✓ Strategic ✓ Overwhelmed ✓ Clear

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

✓ Resourceful ✓ Stuck ✓ Creative

✓ Strategic ✓ Overwhelmed ✓ Clear

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

✓ Resourceful ✓ Stuck ✓ Creative

✓ Strategic ✓ Overwhelmed ✓ Clear