



My Problem-Solving Plan

Name: _____

Helpful Words:

- **Problem-Solving** = thinking through a challenge and finding healthy ways to move forward
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Every problem is a chance to grow!

Use the back of this sheet if you need more space.

1. A problem I solved recently was:

2. What helped me stay calm was:

3. This is how I thought through the challenge:

4. The tools I used were:

5. My Problem-Solving Superpower helps me do these things:

6. Problem-solving helps me grow my personal competitive advantage by:

7. This is how problem-solving helps me live the lifestyle I want: