

BREAK IT DOWN

- PROBLEM-SOLVING WORKSHEET -

Use this worksheet to break down any challenge or problem into smaller, manageable steps. By doing this, you'll create space for solutions and feel less overwhelmed. Write your problem at the top, then break it into smaller steps below.

Problem

Break It Down

Now break your problem into smaller, manageable steps. Don't worry if you can't solve it all at once. Small progress is still progress!

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Done

Reflect

How will you feel once you've completed these steps?
Write down one or two sentences about how it will feel to achieve this progress.

