



ACTING UPON THE PROBLEM - WORKSHEET

Now that you have read the *Acting upon your problem* section, start thinking of ways that you may be able to solve the problem you picked in the last section.

- **Planning for success**

Problem-solving takes time, energy and effort, but it pays off! Everyone around you will feel better. What do you need to do to take care of yourself before starting the plan? _____

- **Look over the strategies that you chose while reading the *Acting upon your problem section*. Pick one or two to try this week.**

I will... _____

- **Do you need more ideas or more information? If so, please describe:**

- Who else needs to know about the plan? (Your partner, family, coach, boss, co-workers, friends, health care team) _____

- When will you start the plan? _____

- How long will you try the plan before you evaluate it? _____
