

Worksheet 1 CHALLENGES/GOALS Challenge/Goal 1: Challenge/Goal 2: Challenge/Goal 3: Challenge/Goal 4: Challenge/Goal 5: Challenge/Goal 6:



Worksheet 2 DENTIFY What is the specific situation? Where does it occur? When does it occur? Who else is involved? Why does it occur? How do you think and feel when it occurs? How optimistic are you about resolving this situation? (Please circle a number) Not at all 1 2 3 5 Very optimistic optimistic Why did you choose this challenge/goal?



Worksheet 3 DEFINE & EVALUATE POTENTIAL SOLUTIONS Choose Best Evaluate Possible (Rank Choices) **Define Possible Solutions Solutions** #1, #2, #3 Solution#1 Pros: Cons: Solution#2 Pros: Cons: Solution#3 Pros: Cons: Solution#4 Pros: Cons: Solution#5 Pros: Cons:



Worksheet 4

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٠	What will	you do	?

- ♦ How will you do it?
- ♦ When will you do it?
- Who else is involved?
- What barriers might you face? How will you overcome them?

See if it worked:

Action Actually Tried:

How satisfied are you with the result? (Please circle a number)

Not Satisfied 1 2 3 4 5 Very Satisfied

Alternative solution if you're not satisfied with the result:





Worksheet 5 IDENTIFYING AUTOMATIC

THOUGHTS AND FEELINGS							
Problem, Challenge, Concern, or Goal	Your Feelings	Your Automatic Thoughts	What's a more realistic thought?				