



Worksheet 1
CHALLENGES/GOALS

Challenge/Goal 1:

Challenge/Goal 2:






Challenge/Goal 3:

Challenge/Goal 4:

Challenge/Goal 5:

Challenge/Goal 6:



Worksheet 3		
DEFINE & EVALUATE POTENTIAL SOLUTIONS		
Define Possible Solutions	Evaluate Possible Solutions	Choose Best (Rank Choices) #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

ACT AND SEE IF IT WORKED

Action

- ◆ 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?