

Take Down Your Obstacles

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Instructions: Use this worksheet as a guide for evaluating and working through the obstacles you are facing. We cannot reach a solution without first solving the problem. Look at the problem objectively; break it down. What led to the current obstacle? Think of all possible solutions; write the pros and cons for each, then determine which solution is the best for you. Then, *set a deadline* for implementing your solution.

Obstacle – break it down in detail:

What series of events led this obstacle? 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
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BRAINSTORM SOLUTIONS

SOLUTION #1	SOLUTION #2	SOLUTION #3
_____ _____ PRO CON	_____ _____ PRO CON	_____ _____ PRO CON

BEST SOLUTION: _____

DEADLINE: _____