



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

5 STEPS FOR PROBLEM-SOLVING

Change is not easy. But the most important part of making long-lasting change is to not throw in the towel. When times get tough, use it as a learning experience to help you grow and become more resilient at overcoming obstacles. Because, let's face it, obstacles will always arise. Thankfully, we can be proactive and tackle the problems that get in the way of achieving our goals.

Follow these 5 steps to help you better solve your problems and achieve your healthy living goals.

1. DESCRIBE THE PROBLEM IN DETAIL. What led up to it? Were there thoughts or feelings that also got in your way?

2. BRAINSTORM YOUR OPTIONS. List all of the possibilities, even the seemingly unrealistic ones!

3. PICK ONE OPTION TO TRY. Choose an option that you are likely to do and is likely to work for you.

4. MAKE A POSITIVE ACTION PLAN. What will you do when problems arise? When will you do this? Is there something else you can do to make your success more likely?

5. TEST YOUR PLAN. Did your solution help or hurt you? Problem solve again, if necessary. Don't give up!

Find more support for a healthier balance in life at ymcathrive.com.

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.