

PROBLEM SOLVING ACTION PLAN

Name: _____ Date: _____

Step 1: Identify the problem:

Step 2: Brainstorm possible solutions:

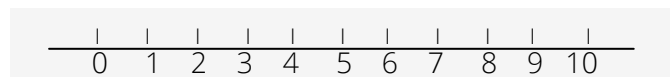
Step 3: Circle the best options and write them down below:

Step 4. Create a step-by-step plan to begin solving the problem (SMART: Specific, Measurable, Attainable, Realistic and Timely)

GOAL	MEASURABLE	DATE
<i>Example: Exercise on a regular basis.</i>	<i>Walk 4 times per week, for 30 minutes, at the park, with my friend.</i>	<i>Start date: 06/12/2026</i>

Step 5: Identify barriers and solutions: _____

How committed and confident are you that you can accomplish your goal? (0 being not confident and 10 being very confident?)



We discussed this plan and agree this is a good next step for me.

Patient's Signature: www.operamind.com Date