

## My problem

Before you start: If you're facing lots of problems- pick just one to work on first.  
Write it here:

Will changing it have a helpful impact  
on how you feel, or on your situation?

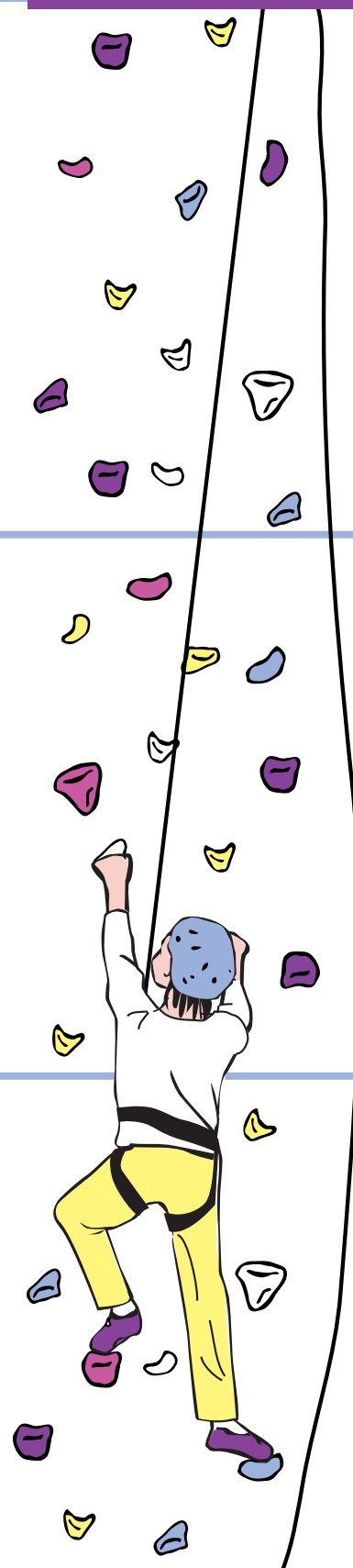


## Break it into chunks

What first small step would get you on your way? Not too large so it's unrealistic- or too small so that it doesn't address the problem.



## Think of creative ways to tackle the first step



## 3

### Choose an idea and make a plan to do it

What are you going to do?  
(just one small thing)

When are you going to do it?  
(that way you will know if you don't do it)

What problems or difficulties could arise -  
and how can you overcome them?

## 4

### Check the plan and put it into action

Are you aiming at just one thing?

Is it realistic?

Is it slow enough?

Is it easy - not too big?

Are you ready to unblock it?

