

RECORD OF PROBLEM-SOLVING AND / OR GOAL-ACHIEVEMENT

Day:

Date:

Year:

1. The problem I want to sort out:

2. The smaller, achievable problem I will tackle is:

3. Ways in which I might tackle this problem are:

(OPTIONAL)

4. People who can help me succeed are:

5. Their ideas on ways in which I might tackle this problem are:

6. THE WAY I WILL TACKLE IT IS:

7. The ways I will measure progress are:

8. Record of progress towards goal (with dates):

9. Further actions needed:

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