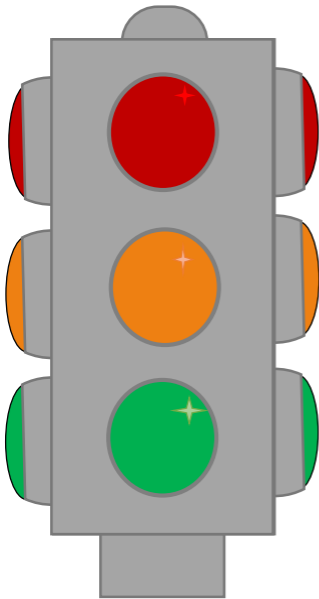


# HOW CAN I SOLVE A PROBLEM?



- **Stop** and think before you act.
- **How big is the problem?**
- Say the problem.
- Say how you feel about it.
- Set some positive goals.



- **Think** of 3 solutions.
- Think of the results these solutions could have.
- Decide on the best solution.



- **Go ahead** and try the best plan.
- Reflect on how you feel after you go ahead.
- Reflect on what you can do next time this problem arises.