Mental Health Ireland
Educating, Empowering,
& Connecting Communities

Problem Solving

1 **Pinpoint a problem or goal**   Problem/Goal ....

2 **Break it into pieces**

Pieces   **Pieces**

.... ←   → ....

.... ←   Problem/Goal: → ....

.... ←   ....   → ....

3 **Select one piece from Step 2 at a time to work through**

Ideas   **Ideas**

.... ←   → ....

.... ←   Step 2 Piece: → ....

.... ←   ....   → ....

4 **Choose an idea from Step 3 and make a plan**

Plan:

Step 3 Idea: 1 ....

....   2 ....

    3 ....

5 **Put the Plan into Action**   Pick a start date ....

6 **Review**   Reflect & Reset