



The Mind Garden
bloom where you're planted

PROBLEM-SOLVING WORKSHEET

CONUNDRUM

crusade

Take some time to reflect on various aspects of your life and identify any problems or challenges you may be facing. Once you've identified a problem, use the space provided to describe it in detail and answer the accompanying questions to gain a better understanding of its nature and potential solutions.

What is the problem you're facing? Describe it in detail.

How does this problem affect you personally?

How does it impact your work/studies?

Can you recall a recent situation where you demonstrated this trait?

**Have you experienced similar problems in the past?
If yes, what were the causes then?**

INNOVATION



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invasion

Use the prompts below to brainstorm potential solutions for your identified problem. Think creatively and consider different perspectives.

What does the perfect resolution to your problem look like?



What out-of-the-box solutions can you think of?

How can you leverage resources or tools you readily have available?



Think about who else could offer insights or assistance in solving the problem.

Break down the problem into smaller parts. How can you address each part separately?





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RATING

roulette

Assess the feasibility, effectiveness, and potential consequences of each solution you brainstormed. Consider factors such as resources required, risks involved, and anticipated outcomes. How do each of your proposed solutions measure up against these criteria?

SOLUTION	FEASIBILITY	EFFECTIVENESS	CONSEQUENCES	OVERALL RATING
SOLUTION 1				
SOLUTION 2				
SOLUTION 3				
SOLUTION 4				



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THRILLS *and spills*

Reflect on recent successes and setbacks, celebrating achievements and extracting lessons from failures. Emphasize that it's okay if some things didn't work out, as both success and failure contribute to growth and learning.

Reflecting on your recent achievement, what were the key factors that contributed to its success? How do you feel about reaching this milestone?

Describe the impact of this success on your life or work. Additionally, how do you plan to recognize and express gratitude towards those who supported you in achieving it?

Thinking about a recent setback, what were the main reasons behind it? How did you respond to the failure, and what lessons did you extract from the experience?

Considering the lessons learned, what specific actions will you take to grow and improve from this failure? How will you apply these insights in future endeavors?