

Focusing on Solutions Rather Than Problems

Most people think about their problems constantly, focusing on how unhappy they feel and how their problems are holding them back. But what if instead you focused on the *solutions* to your problems? This worksheet will help you start thinking about how you solved problems in the past and how your life can be better today when you make even small changes. Focusing on solutions, rather than dwelling on your problem, can open many new possibilities.

How have you tried to address this problem? _____

What has worked, even a little bit? _____

Have there been changes for better or worse since you decided to take action? _____

Who else noticed this? _____

What will it be like when the problem is solved? _____

What will you be doing instead? _____

What difference will it make in your life when the problem is solved? _____

How will other people know that things are better? _____

Who will notice first? _____

And then who? _____

What else will be different? _____
