

Problem-Solving or Goal-Setting Sheet

1. *Discuss the problem or goal.* Get everyone's opinion. Try to reach agreement on exactly what the problem/ goal is. Write down *specifically* what the problem/ goal is. _____

2. *Brainstorm at least three possible solutions.* Do not evaluate at this time--wait till step 3.

3. *Briefly evaluate each solution.* List major advantages and disadvantages.

	Advantages	Disadvantages
(1) _____	_____ _____ _____	_____ _____ _____
(2) _____	_____ _____ _____	_____ _____ _____
(3) _____	_____ _____ _____	_____ _____ _____
(4) _____	_____ _____ _____	_____ _____ _____

(5) _____

_____	_____	_____
_____	_____	_____
_____	_____	_____

4. *Choose the best solution(s).* Consider how easy it would be to implement the solution and how likely it is to be effective.

5. *Plan the implementation.* When will it be implemented?

What resources are needed and how will they be obtained?

Who will do what to implement the solution?

List what might go wrong in the implementation and how to overcome it.

Practice any difficult parts of the plan.

Who will check that all the steps of the plan have been implemented?

6. *Review implementation at next family meeting.* (Date: _____) Revise as needed.