



## My Lifestyle Balance Problem Solver

**Describe the problem in detail.** Be specific.

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<b>Find the action chain. Links</b>	<b>Brainstorm your options. Options</b>

**Pick one option.** Is it very likely to work? Can you do it?

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## My Positive Action Plan

I will:

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When?

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I will do this first:

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Roadblocks that might come up:

I will handle them by:

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I will do this to make my success more likely: \_\_\_\_\_

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How can I get the support I need? \_\_\_\_\_

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