Name: _____

My goal is: _____

_____

Step 1: Choices	**Step 2: Consequences (+/-)**	
	Me	**Others**
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
Step 3: Pick a choice to get to your goal:		
_____		
_____		

Problem Solver: _____

Goal: _____

Choice: _____

Skill 5: Make a Plan

Step 1: Identify who, where and when –

Step 2: Choose key social skills that can help you –

Step 3: Identify what you will do or say –

Step 4: Identify how you will do and say it –

Step 5: Decide on a thought to get you started –

Problem Solving Skill 5: Make a Plan

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

Problem Solving Skill 5: Make a Plan

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

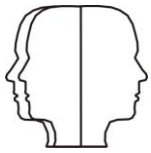
Problem Solving Skill 5: Make a Plan

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

Problem Solving Skill 5: Make a Plan

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

Homework Sheet: Lesson 22



Name: _____ **Date:** _____

Apply problem solving skill 5: **Make a plan** to the problem situation you've been working on. Use the choice you decided on in lesson 21. Remember your goal.

My problem statement: I think/feel _____ because _____ and my risk reaction is _____.

My goal is:

_____

_____

My choice is:

_____

_____

Problem Solving Skill 5: Make a Plan

Step 1:

Identify who, where and when

Who?

_____

_____

_____

_____

Where?

_____

_____

_____

_____

When?

_____

_____

_____

_____

(Continued on Next Page)

Step 2: Choose key social skills that can help you

_____
_____
_____
_____

Step 3: Identify what you will do or say

_____
_____
_____
_____

Step 4: Identify how you will do or say it

_____
_____
_____
_____

Step 5: Decide on a thought to get you started

_____
_____
_____
_____