

1. Identify the problem:

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Set a realistic goal:

I will walk to or from school _____ times this week.
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2. Come up with solutions to achieve to address that problem and achieve your goal:

Solution 1 (Good):	Solution 2 (Good):
Solution 3 (Good):	Solution 4 (Bad):

3. List pros and cons for each solution and evaluate pros and cons:

Solution 1		Solution 2		Solution 3		Solution 4	
Pros	Cons	Pros	Cons	Pros	Cons	Pros	Cons

4. Select a solution (circle one of them) and create an action plan:

<u>Action Plan:</u>

5. Carry out the plan and determine whether it worked.

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