

Worksheet for PIP (Problems-Ideas-Plans)

A) Problem: What is on your mind? What is something you would like help in solving?

B) Rephrase the problem you wrote above 3 different ways, starting with "How to:"

How to...

How to...

How to...

C) Now write the most important question below.

How to...

D) Divergent Thinking: Generate as many ideas as you can for answering the question above.

E) Convergent Thinking: From the list above, choose the best idea and create a solution statement that begins with the phrase "What I see myself doing is..."

SOLUTION STATEMENT: What I see myself doing is...

F) Action Plan

Reread your solution statement in E) and think of the steps for an action plan to list **who** is going to do **what**, by **when**.



(Make sure your first action is scheduled within 24 hours; this builds momentum and keeps you focused! Use actual dates in the rest of the BY WHEN column such as 'by July 4'.

WHO?	DOES WHAT?	BY WHEN?
#1		
#2		
#3		
#4		
#5		
#6		

AWI is grateful to Nadja Reilly, PhD, Russ Schoen and Gloria Rapport for their assistance in the creation of PIP. For information, see

www.AdolescentWellness.org

Based on original work by the Creative Education Foundation and the Osborn-Parnes Creative Problem Solving Process, 1954