

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			

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www.AdolescentWellness.org

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