



GETTING BACK **On Track**
Five Steps to Problem Solving

Use these five steps as a guide to help you make a U-turn, get back on track, and continue to claim your brilliant success.

Step One:

Clearly describe the situation that caused you to get off track. What do you think caused it?

Step Two:

Put on your creativity cap. What different options could you use to solve your problem? What would your most successful friend recommend?

Step Three:

Choose the best option from Step Two. Write down three reasons why this is the best choice for helping you get back on track at this point in your life.

Step Four:

Devote yourself to an action plan for this option. Go ahead. You deserve this! Who do you need to call? What do you need to reorganize? How can you streamline things to make more room for your plan? How will you put this plan into practice?

Step Five:

*This is "Go Day"! You clearly understand the situation that caused you to get off track. You have come up with a clever way to solve the underlying problem. After considering several options, you have decided on your best option for this situation. The action plan you have created is now a formal list...a path to your new track. **Call someone you trust right now and tell him/her exactly what you are going to do today.** Your "Go Day" needs an accountability partner. They will believe in you. I believe in you. Ready? Set. Go! It is officially time for you to believe in YOU. What action will you take right NOW? And how will that feel once you get started?*
