

Steps in a Problem-solving Process

1. Realize that you have the power to solve many of life's problems.
2. Identify the problem:
What decision needs to be made?
3. Talk to a trusted person about the problem so that your feelings are clear to you.
4. Gather all the information that you will need in order to make this choice.
5. Review all the possible alternatives facing you, the risks and merits of each. In other words, use your head.
6. Be in touch with what your gut feelings are saying. In other words, listen to your heart.
7. Bring the problem to Jesus in prayer for the help to make the best choice.
8. Implement the decision and let go of second guessing yourself. Evaluating the decision can come later.