

Managing difficult problems

What issues are giving you cause to panic, stress, be angry or anxious? List some options of how to deal with these issues and the likely outcomes you think it will make.

My Issue is

Options

Likely Outcomes

	→	
--	---	--

	→	
--	---	--

	→	
--	---	--

	→	
--	---	--



Professor Mind says: Even the best plans don't always work out so be prepared to go with the flow. You can only act with the skills and information you have at any one point in time. If you make a misjudgement, own it, put it down to experience and move on.