The six problem-solving steps
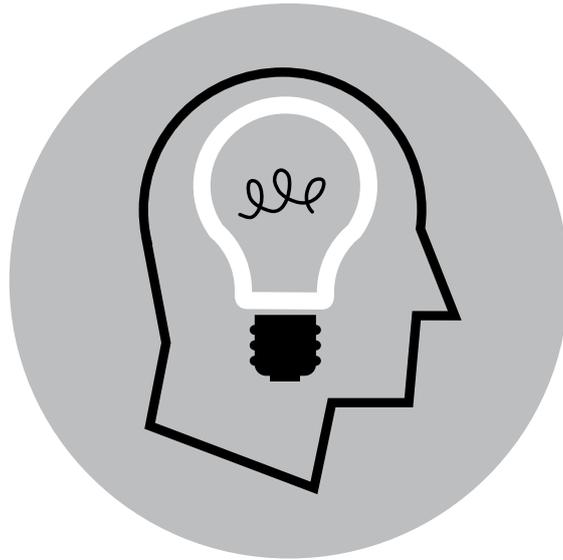
1 Identify the problem

2 Remind yourself of your goals

3 Brainstorm practical ways to overcome the problem

4 Pick the best idea

5 Put your solution into practice

6 Checkpoint: is your solution working or do you need to try another of your ideas from step 3?

MOMENTA Diabetes Prevention

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