



## PIP – Problem, Ideas, Plan

### HOW TO DEVELOP MORE OPTIONS AND CHOICES FOR SOLVING PROBLEMS?

Sometimes people feel that they do not have many options for handling problems. In extreme cases, this might be called 'tunnel vision', where one does not see as many options as others. We can improve our problem solving skills with divergent thinking and thoughtful choices.

### WHAT ARE THE STEPS USING PIP FOR CREATIVE PROBLEM SOLVING?

#### Problem

A) What is on your mind? What is something you would like help in solving?

B) From what you wrote, above, create at least three ways to phrase the problem starting with 'How to'.

C) Now, from the list above, select the most important problem to address and write it below.

#### Ideas

D) Generate at least 6 ideas for answering the question above. Use the divergent  $\leq||\Rightarrow$  thinking guidelines to Defer Judgment, Seek Quantity, Seek Wild and Unusual Ideas, and Build on Ideas.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

E) Choose the best idea(s) from the list above. Use the convergent  $\Rightarrow||\leq$  thinking guidelines to Be Affirmative, Be Deliberate, Check your Objectives, Improve Ideas and Consider Novelty. Write a solution statement that begins with the phrase 'What I see myself doing is'.

#### Plan

F) Now, create an action plan to implement your solution statement listing who is going to do what, by when. Use the template on the back of this handout to write your action plan.



## Action Plan

Who

Does What

By When

### *Tips:*

- Start with the last date.
- Make sure there is an action scheduled within 24 hours. This builds momentum!
- Use actual dates for the 'by when' (for example, by January 25th).
- Write at least 5 action steps.

We are grateful to Russ Schoen and Gloria Rapport for their assistance. For information on building leadership and resiliency skills with youth, visit [www.creativeyouthleadership.org](http://www.creativeyouthleadership.org)

For information on iGROW or depression prevention, see [www.breakfreefromdepression.com](http://www.breakfreefromdepression.com) or [www.AdolescentWellness.org](http://www.AdolescentWellness.org)