"UNLOCKing the Problem"

Use a self-control strategy:

⬇

Name the Problem:

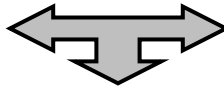What: Who: Where/when:

⬇   ⬇   ⬇

List your Solutions

⬇   ⬇   ⬇

Out the Outcomes

⬅➡

Choose one Solution:

Keep your Options Open!