

Problem / Solution

| <i>Problem or Challenge you are facing</i> | <i>Possible solution or action step to remediate the problem:</i> | <i>Did the solution help? Outcome:</i> |
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Directions: Begin by focusing on a select few issues, preferably starting with the one that troubles you the most. Next, track this problem through the various solutions you apply and the outcomes you achieve. If your initial solution successfully addresses the issue, that's fantastic! This indicates that your chosen solution effectively tackled your primary concern. However, if the problem evolves based on the results of your initial action or solution, note this evolution in the box provided below. Monitoring your progress in addressing challenges can provide insight into the growth and advancements you've achieved.