



# Identify Goal/Wish/Challenge

In order to help give you a direction for your Creative Problem Solving efforts, it is essential to have an idea of your goal or wish or challenge. Defer your judgment and answer the following questions.

What are some things you have done lately that you would like to do better?

What sorts of challenges might be on your mind?

What do you wish worked better?

Who has been on your mind lately?

Why has this individual/s been on your mind?

# CLARIFY THE PROBLEM



**What are some of the objectives that you would like to meet?**

**Now scan your life. What sort of opportunities might be on your mind?**

**Imagine yourself ahead in times one year from today. What are some goals, some dreams, some visions you would like to accomplish or begin working on in the next year?**

**You have just been given a magic wand, and any wish in relation to any aspects of your life can come true. What might those ideal goals or wishes for your life be?**

## **Now, let's select a goal/wish/challenge to work on.**

- 1. Place a check mark next to all of the items that you have some ownership or decision-making authority.**
- 2. Then place a check mark next to all of the items that you are motivated to do something (i.e., deal with in the next three months).**
- 3. Last, check the items that require some imaginative thinking to accomplish.**
- 4. Select one item that has three check marks next to it.**
- 5. This is a Goal/Wish/Challenge that is appropriate for Creative Problem Solving.**