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### **R.I.P MY PROBLEMS EXERCISE WORKSHEET**

#### **Instructions:**

Use this system to work out on paper how to tackle those problematic situations in your life that are getting you down and affecting the way you feel about yourself. Once you decide which option would be best to tackle the problem, make sure you follow through and implement the solution. Before long you would have overcome the problem and you will be feeling a lot better and more positive towards yourself. We always feel more empowered and confident when we find a way to overcome life's challenges.

#### **Define the problem clearly?**

*For example: I don't have enough money*


#### **What caused the problem?**

*For example: Impulse spending and too much debt from loans and credit cards*


**What are the possible solutions?**

*For example: Cancel credit cards, consolidate the debt etc. If unsure about the possible solutions, get expert advice.*


**Which is the best option from the possible solutions?**

*For example: Cancel credit cards and consolidate all debts into one.*
