## BRIGHT

## I D E A $S$

## ***

## WORKSHEETS



Step 1: A BRIGHT beginning:
The problem can be solved and I can do it!

Step 2:- Identify the Problem

## A: Describe the overall problem:

Problem Part \#1:

Problem Part \#2:

Problem Part \#3:

## B: Choose a specific problem part and analyze it. \#

$\qquad$
Why did I choose this problem?
Where does the problem occur?
Who else is involved as part of the problem?
Why does the problem occur?
How do I respond and feel when the problem occurs?
How optimistic am I about solving this problem?

| Nor at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

## Step 3 - Define options Step 4 - Evaluate options

| Possible <br> Solution | Barriers | Rank <br> Choices |
| :--- | :--- | :--- |
| Solution \#1: |  | $\square$ |
| Solution \#2: |  | $\square$ |
| Solution \#3: |  | $\square$ |

## Step 5-Act

Action (what I will do)

## Step 6 - See if it worked

## Results:

How satisfied am I with the result?

| Not at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

Alternative Solution If Not Satisfied with the Results:

Step 1: A BRIGHT beginning:
The problem can be solved and I can do it!

Step 2:- Identify the Problem

## A: Describe the overall problem:

Problem Part \#1:

Problem Part \#2:

Problem Part \#3:

## B: Choose a specific problem part and analyze it. \#

$\qquad$
Why did I choose this problem?
Where does the problem occur?
Who else is involved as part of the problem?
Why does the problem occur?
How do I respond and feel when the problem occurs?
How optimistic am I about solving this problem?

| Nor at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

## Step 3 - Define options Step 4 - Evaluate options

| Possible <br> Solution | Barriers | Rank <br> Choices |
| :--- | :--- | :--- |
| Solution \#1: |  | $\square$ |
| Solution \#2: |  | $\square$ |
| Solution \#3: |  | $\square$ |

## Step 5-Act

Action (what I will do)

## Step 6 - See if it worked

## Results:

How satisfied am I with the result?

| Not at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

Alternative Solution If Not Satisfied with the Results:

Step 1: A BRIGHT beginning:
The problem can be solved and I can do it!

Step 2:- Identify the Problem

## A: Describe the overall problem:

Problem Part \#1:

Problem Part \#2:

Problem Part \#3:

## B: Choose a specific problem part and analyze it. \#

$\qquad$
Why did I choose this problem?
Where does the problem occur?
Who else is involved as part of the problem?
Why does the problem occur?
How do I respond and feel when the problem occurs?
How optimistic am I about solving this problem?

| Nor at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

## Step 3 - Define options Step 4 - Evaluate options

| Possible <br> Solution | Barriers | Rank <br> Choices |
| :--- | :--- | :--- |
| Solution \#1: |  | $\square$ |
| Solution \#2: |  | $\square$ |
| Solution \#3: |  | $\square$ |

## Step 5-Act

Action (what I will do)

## Step 6 - See if it worked

## Results:

How satisfied am I with the result?

| Not at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

Alternative Solution If Not Satisfied with the Results:

Step 1: A BRIGHT beginning:
The problem can be solved and I can do it!

Step 2:- Identify the Problem

## A: Describe the overall problem:

Problem Part \#1:

Problem Part \#2:

Problem Part \#3:

## B: Choose a specific problem part and analyze it. \#

$\qquad$
Why did I choose this problem?
Where does the problem occur?
Who else is involved as part of the problem?
Why does the problem occur?
How do I respond and feel when the problem occurs?
How optimistic am I about solving this problem?

| Nor at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

## Step 3 - Define options Step 4 - Evaluate options

| Possible <br> Solution | Barriers | Rank <br> Choices |
| :--- | :--- | :--- |
| Solution \#1: |  | $\square$ |
| Solution \#2: |  | $\square$ |
| Solution \#3: |  | $\square$ |

## Step 5-Act

Action (what I will do)

## Step 6 - See if it worked

## Results:

How satisfied am I with the result?

| Not at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

Alternative Solution If Not Satisfied with the Results:

Step 1: A BRIGHT beginning:
The problem can be solved and I can do it!

Step 2:- Identify the Problem

## A: Describe the overall problem:

Problem Part \#1:

Problem Part \#2:

Problem Part \#3:

## B: Choose a specific problem part and analyze it. \#

$\qquad$
Why did I choose this problem?
Where does the problem occur?
Who else is involved as part of the problem?
Why does the problem occur?
How do I respond and feel when the problem occurs?
How optimistic am I about solving this problem?

| Nor at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

## Step 3 - Define options Step 4 - Evaluate options

| Possible <br> Solution | Barriers | Rank <br> Choices |
| :--- | :--- | :--- |
| Solution \#1: |  | $\square$ |
| Solution \#2: |  | $\square$ |
| Solution \#3: |  | $\square$ |

## Step 5-Act

Action (what I will do)

## Step 6 - See if it worked

## Results:

How satisfied am I with the result?

| Not at all |  |  |  | Very |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 |

Alternative Solution If Not Satisfied with the Results:

## The Bright IDEAS System <br> For Problem-Solving



I dentify the problem
D efine your options
E valuate your options
A ct
S ee if it worked
©2002 by Olle Jane. Z. Sahler, MD. Golisano Children's Hospital at Strong
601 Elmwood Avenue, Box 777, Rochester, NY 14642-8777
(p) 585-275-9935, (f) 585-273-1039, (e) OJ Sehler@urmc.rochester.edu

All rights reserved. May not be reproduced in whole or In part in any form or by any
means without written permission of the copyright holder.

