

## The Solution Discovery Process

**Step One: Identify an area (areas) in need of a solution. Describe as clearly and completely as you can.** What is not working? Ask yourself what people, places, events, thoughts, or feelings make it difficult to:

- 1 Control my eating/make better food choices?
- 2 Be active today?
- 3 Maintain a positive attitude?

**Step Two: Break each area down into smaller steps.** Think about each step one at a time so you are not overwhelmed. **Select the step(s) you wish to work on.**

You may discover only one step that you wish to address or you may have several. It is best to work on one or two at most at one time. Select the ones you will work on and focus your energy on dealing with them.

I WILL FOCUS ON:

**Step Three: Collect Ideas.** For the steps you've selected, identify some alternative ways to deal with them. The more ideas you identify, the easier it will be to find a solution that feels right for you.

Think of things that may have helped you deal with this challenge in the past. Start with the first step and write down possible ways in which you can address it. Maybe you can figure out a way to get to bed a little earlier? Maybe you can visit your family without having a meal? Maybe they can visit you instead at least some of the time? Perhaps you can learn to prepare simple meals at home and eat out less often?

Possible Resources:

- Ask your friends for ideas
- Talk to your Fitness Professional
- Read inspiring stories of those who have overcome similar situations
- Post a request for help on one of our BLOGS

## **Jim Cipriani's 12-Week Total Body Transformation Program**

Ask for additional ideas or advice from our Staff, personal training clients or other participants of this course.

**BRAINSTORM IDEAS:**

### **Step Four: Decide What You will do**

Once you've identified several ways to deal with the issue at hand, select the idea you think will realistically work for you and what you are willing to do.

LIST your Plan of Action:

### **Step Five: Do it!**

Use the idea you've selected to deal with your issue. If it does not work, try another. Sometimes it is a process of trial and error to find the solution that is best for you.

### **Step Six: Evaluate Results**

Once you've dealt with the issue, evaluate how satisfied you were with the results.

- Were you able to make adjustments your eating habits?
- Were you able to follow through with workout plans?
- Were you able to deal with the problem to your satisfaction? If not, what would you do differently next time?