



The Art of Being Smart

Supporting Yourself Worksheet

How to use this tool: By filling out the information below, you will become more aware of the challenges you face and discover ways to solve them.

Please print off a copy of this page for each challenge that you face.

Step 1: My challenge:

1. _____

Step 2: This challenge has arisen due to the following reasons:

1. _____

2. _____

3. _____

4. _____

5. _____

Step 3: I will take the following actions to solve this challenge:

1. _____

2. _____

3. _____

4. _____

5. _____