

PROBLEM-SOLVING TOOL

THE PROBLEM-SOLVING MINDSET CHECKLIST

When you have a problem to solve, go through the following list and indicate whether or not you agree with the statements. Every “Yes” indicates that you already adopted a problem-solving mindset. The “No’s” can help you to identify where you could still improve your problem-solving mindset.

Statement	Yes	No
I believe that I will be able to solve the problem.	<input type="radio"/>	<input type="radio"/>
I am confident that I will be able to overcome the challenges that will occur on the way.	<input type="radio"/>	<input type="radio"/>
I see the problem and potential challenges along the way as opportunities to learn and grow.	<input type="radio"/>	<input type="radio"/>
I believe in my ability to learn the skills that I need to solve this problem.	<input type="radio"/>	<input type="radio"/>
I do not waste time on issues that are not important.	<input type="radio"/>	<input type="radio"/>
During the problem-solving process, I focus on the things that I can influence (and do not worry about the things I cannot control).	<input type="radio"/>	<input type="radio"/>
I give my brain enough time to relax (e.g. in the form of sleep or daydreaming) to let my unconscious mind help me with my problem-solving task.	<input type="radio"/>	<input type="radio"/>
I ask other people for advice during the problem-solving process.	<input type="radio"/>	<input type="radio"/>
I am building (or have already built) a support team for solving the problem.	<input type="radio"/>	<input type="radio"/>
I have made sure that I am working on the right problem.	<input type="radio"/>	<input type="radio"/>
I know my main assumptions regarding the problem, and I am open to challenging them.	<input type="radio"/>	<input type="radio"/>
I am taking into account that people can behave differently in different situations.	<input type="radio"/>	<input type="radio"/>