



The Forte Factor

DISCOVER. DEVELOP AND LIVE YOUR STRENGTHS

Mindful Solve Anything Process Worksheet

Focus: _____

End Goal: _____



Current Performance (issue, problem, challenge or obstacle)

What's Working?

What's Not Working?

Encourage Thinking and Invent Options

Identify Solutions and Directions (choose the idea you want to implement)

Build and Implement a Plant to Take Action (action steps)

1. _____
2. _____
3. _____
4. _____
5. _____