

The CPS worksheet is no easy task to complete.

Plus, I am sure you will have questions whilst you go through it. I would review it in its entirety first and make a list of questions and then email me questions, and I'll answer as best as I can. My email address is: kathysue1@roadrunner.com

Also, even while completing, you may have questions or need clarification, so again, email me, and I will get back to you as soon as I can.

Before you begin I should tell you though that any challenge can be resolved if:

1. you take ownership of the challenge
2. you are committed to resolving the challenge
3. you are the decision maker with the challenge

If the above 3 points have a NO anywhere, then it is not the challenge for you to be resolved. Pick a challenge that you can answer YES to all 3 of the above. This is paramount. Most challenges fall wayside, or never get resolved because 1) you don't have ownership of the challenge; 2) you are not truly committed to resolving the challenge; and 3) because you are not the decision maker in getting the challenge resolved. This last point is key and the very reason why leaders of organizations, businesses have to be on board with a challenge - they are the decision maker.

I would also recommend to you that while going through this process, to always stay positive. Think about the challenges. For example, one could say: I hate when I don't have time for myself. When one should turn it around and be more specific with what they want and say: I wish I could have more time for myself to write more. See the difference? Always phrase your answers in a positive way. It will actually be hard. 9 times out of 10, you will

fall back into using negative terms/phrases. So be aware of that!

Okay, to continue...

This process is called: CREATIVE PROBLEM SOLVING. It's innovative and changing the way businesses perform technically and with their employees. Many corporations are now sending top level executives through the graduate/certificate Creative Studies program here in Buffalo at the International Centre for Studies in Creativity. I should mention though that this process can be used for any challenge. It does not have to be life and death stuff here. I actually used this same process for my challenge of: It would be great if I could write on a daily basis. Moms have used it for better parenting skills, corporations have used it for more efficient manufacturing processes, and the government too has used it.

I have completed this worksheet on several challenges. Additionally, I have facilitated small groups through the same process but in a group setting; much like what you completed at the Teaching Day Program. However, Creative Problem Solving is much more involved and effective than a simple brainstorming session. Anyway, it works. I have seen it firsthand time and time again. If you would like more background information on this process, you can go to my Professor's website and check it all out: www.rogerfirestien.com

So, like I said. Review the worksheet first. Ask me questions. Then get to it. And, do not expect to complete this in a day; it won't happen. Your brain will be too fried. Also, a fresh mind always has fresh thoughts. If I were to break it down for you, I would suggest completing as follows because often your mind needs an incubation period between such matters:

Day 1: EXPLORE THE CHALLENGE - IDENTIFY GOAL/WISH/CHALLENGE

Day 2: EXPLORE THE CHALLENGE – GATHER DATA

Day 3: EXPLORE THE CHALLENGE – CLARIFY THE
PROBLEM

Day 4: GENERATE IDEAS

Day 5: PREPARE FOR ACTION – SELECT&STRENGTHEN
SOLUTIONS

Day 6: PLAN FOR ACTION