

RISE to the Challenge



We all face barriers to meeting our goals at some point. Learning to solve problems and overcome barriers is key to meeting your goals.

Use these steps to solve a specific problem. RISE to the challenge!

Recognize the problem. What keeps you from reaching your goal?

Be specific. Think about, *what, where, when, and why.*

- ▶ “I like to eat snacks” is too general. It does not include where, when, or why.
- ▶ “I like to eat RED food snacks after lunch with my friends because I don’t want to feel left out” is more specific and easier to solve.

Identify and compare solutions. What could help solve the problem?

- ▶ List all your resources. Then brainstorm as many solutions as you can.
- ▶ Compare your solutions. List the pros and cons of each.

Start solving the problem by making a plan.

- ▶ Pick the best solution. The one with the most pros and fewest cons.
- ▶ Write a plan using the best solution.
 - ▶ Ask yourself: What will you do? When will you do it? Who can help?
 - ▶ Remember, your plan can have many steps.
- ▶ Test your plan by trying it out. Once isn’t usually enough.

Evaluate your plan. How did it work?

- ▶ Write down what worked and what didn’t work.
- ▶ Did it solve your problem? If not, use this information to make a new plan.

Keep your emotions in mind

- ▶ Try to avoid negative thinking. Your goals are too important to give up on.
- ▶ Get support. Ask for help when you need it.
- ▶ Praise and encourage yourself. Reward yourself for your efforts.
- ▶ Remember, you make progress one step at a time.

Additional resources

- ▶ Turn Problems into Solutions: LC 13
- ▶ Problem Solving-6 Key Steps: Magnetic Memo 13
- ▶ Overcoming Barriers: LM 2

Suggested activity

Pick a goal you are having trouble reaching. Ask your PAL for a RISE problem-solving worksheet. Use your problem-solving worksheet and your skills to plan how you can reach your goal. Share your plan with your parents and your PAL.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



RISE to the Challenge



Especially for the Family Support Person

How can I help her succeed?

- ▶ Make sure her goal is specific. It's hard to succeed if a goal is too general. Remind her that she can reach her big goals by moving step-by-step through smaller goals.
- ▶ Make sure she recognizes a specific problem. This can be the most difficult challenge to solving a problem. It's easy to tell when something is not working. But it can be harder to pin down the exact reason.
- ▶ Ask her about all the circumstances surrounding the problem. For example:
 - ▶ When did you decide to skip your GREEN activity?
 - ▶ Where were you and how were you feeling?
 - ▶ What did you do instead?
 - ▶ How are you feeling now?
 - ▶ Which barriers did you overcome? Which ones do you still need to deal with?
- ▶ When she starts identifying solutions, try not to let her jump to a conclusion. It's important to encourage her to list all of her resources. Then help her brainstorm as many solutions as possible.
- ▶ Help her start solving the problem by picking the best plan. Be specific about all the steps included.
- ▶ Encourage her to keep trying. Most plans don't work perfectly the first time. Help her figure out what worked and what didn't.
- ▶ Remember that to RISE to the challenge, she needs to:
 - ▶ Recognize a specific problem.
 - ▶ Identify and compare possible solutions.
 - ▶ Start solving the problem by making a plan and trying it out.
 - ▶ Evaluate the plan and how well it worked.

Additional resources

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- ▶ Problem Solving-6 Key Steps: Magnetic Memo 13
- ▶ Overcoming Barriers: LM 2

Suggested activity

Ask your PAL for a RISE problem-solving worksheet. Practice your own problem-solving skills with a goal you are having trouble reaching. Share your plan and get support for it.

My notes

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