

In *Mighty Minds* we have talked about how we can solve a problem that seems **big**, scary, and overwhelming by **breaking it down into smaller steps**.

Just like you cannot just jump to the top of a tree—you need to take it one branch at a time— you need to solve your problems **one step at a time**.

- 1) Write your problem or worry at the bottom of the ladder
- 2) Write your goal at the top of the ladder.
- 3) Think about, then write down, the small steps that will help you reach your goal.

Remember: If you have a problem that is making you feel very worried or unhappy, it is best to talk to a grown-up about it.

GOAL 

Step 4

Step 3

Step 2

Step 1

PROBLEM 
