

# Problem Solving Skills

There are times in life we find ourselves stuck in a problem and not sure how to solve it. Sometimes need reminders of the skills we possess to help us solve these problems. Here are character trait cards to remind you how strong you are and the problem-solving skills you possess.

Directions: Print and cut out the cards below. When you need guidance solving a problem, flip through them, and choose a character trait that may help them solve the situation. It's kind of like having all of the Grace and Grit Ladies as your back up any time you need encouragement!

## OBJECTIVE

Students will learn ways to solve problems.

## COMPETENCY

Students are able to choose a card and apply the skill to a current situation in their life.

## MATERIAL

- Grace and Grit Problem Solving Cards
- Scissors

## A LITTLE MORE GRIT

Think of other character traits/skills you may need and create cards for it. Be sure to include an action item and an encouraging statement on each card.

# Confidence

Believing in myself. I have talents and skills that will help me accomplish my goals and try new things.

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**Instruction** Walk into a room with your shoulders back, look people in the eye, take a deep breath, and smile. You got this!

# Perseverance

I can persist and do the things that I find the hardest to do. I may feel stuck. I may be told no, but great things are waiting for me.

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**Instruction** Write out your goal and the steps you need to take to accomplish it. It's okay to start over or make a new goal. You can do hard things!

# Visionary

I can see my future. I know what I want, I know it can be accomplished. I get to decide how things will progress in my life. I get to decide the conversations I want to have and who I want to share my life with.

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**Instruction** Write out all the things you see waiting for you in your future and think of them often. Be motivated by the greatness that awaits you. You are greatness!

# Courage

I can overcome my fear. It may be strong and it may feel as though it is winning. But I am stronger than fear and I know the wonderful things that await me on the other side of fear.

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**Instruction** Take a deep breath, count to three, and take a step forward. You are fearless!

# Selflessness

I care about the well being of others. When others hurt I can help. When others are in need, I can be of service. When others are lonely, I can be a friend.

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**Instruction** Take care of yourself and then think of others that need you. You do not need to do huge things for others. Small things are just as wonderful as big things. You have such a giving soul!

# Tenacity

I am persistent. I know what I want and I am determined to get it. It won't be easy but sticking to my plan will help me accomplish my goals. I have a tough spirit and will go far in life.

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**Instruction** Stand up tall, look at your goal, and walk forward with the purpose and knowledge that you are full of determination. You got this!

# Wisdom

I have knowledge and insight into the situation I am facing. I know thinking clearly is what will help me solve the problem. Doing what is right in this situation is the option that I need to choose.

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**Instruction** Take a deep breath, close your eyes, calm your body and when you feel still open your eyes and see everything around you. The correct answer will come to you in time. You are such a wise young lady!

# Curiosity

I am filled with great wonder about the world. I want to ask questions and discover the answers. I want to learn new things and go on adventures. I want to read, talk, and learn about people, countries, and cultures. Learning new things helps me become a better person.

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**Instruction** List things you are curious about, circle the top five, go to the library and find books on that subject. Research the subjects on the internet and keep a journal of all of your discoveries! Stay curious, sweet girl! It makes life more interesting.

# Devotion

I am dedicated and passionate about my ideas, hobbies, talents, and skills. Pursuing these things bring me joy and purpose. They make a difference to myself and others. I will stay with them as long as I can and then go on to discover new passions in my life.

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**Instruction** Spend time with the things that you are devoted to. Volunteer, read up on, try to get a job, doing all the things you feel passionate about. In doing so, you may change the world! You are a change-maker!

# Authenticity

I am true to myself. I will hold true to my beliefs, my ideas, my heart. I will not change who I am to make another happy. My happiness is just as important as everyone else's.

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**Instruction** Every day do one thing that makes you happy. Keep a journal of things that are important to you and stick to those things. Know your truth and appreciate who you are. You are a masterpiece!