

Fix Your Friction Worksheet

This worksheet is designed to help you identify and resolve frictions in your day. This worksheet will help you gain clarity on your challenges and develop actionable strategies to overcome them. For example I was very overstimulated when I got home from our morning activity and it turns out it was because I was hungry.

1. Identify the Friction/Problem: What is the friction/problem you are experiencing?

Write your answer here:

2. Understand the Problem: Why is this a problem for you?

Write your answer here:

3. Brainstorm Solutions: What would help fix this problem?

Write your answer here:

4. Action Steps: What specific actions can you take to fix the problem?

Write your answer here:

5. Extra Steps: Are there any additional steps you can take to make this action easier?

Write your answer here:

6. Reflection: After implementing your solution, what was the outcome?

Write your answer here:

Example:

- Friction/Problem: Overstimulated when getting home
- Understanding the Problem: I'm overstimulated because I'm hungry
- Solution: Eating before I get home would help
- Action Steps: Make a PB&J and eat it on the way home
- Extra Steps: Prepare 4 PB&Js at the beginning of the week for easy access
- Reflection: I ate my sandwich on the way home, which helped me focus on the kids when we got home