# FLEXIBILITY FLOWCHART

## BACKGROUND:

In situations that require flexibility, it can be helpful to have a list of strategies available to help us evaluate the situation or problem and make adjustments. Develop a flowchart or set of steps to follow each time you encounter a barrier in your SMART goal process that requires flexible thinking and problem-solving.

## INSTRUCTIONS:

1. Download and print the Flexibility Flowchart Worksheet.
2. Set aside 10-15 minutes to develop the lower part of the flowchart with ideas and suggestions to help with each type of problem.
3. For emergencies, record names and contact information for resources to use in emergency situations. Include your local first-responders, 9-1-1, and anyone your learner should contact. Include information about where to find other community resources.
4. For big problems, select three strategies that have been helpful in difficult situations in the past. Check out resources online about problem-solving, organization, and planning.
5. Finally, in the minor problems area, record strategies your learner can use when encountering scenarios that may be annoying or frustrating, but require flexible thinking. Strategies can include something simple like "Take 10 deep breaths," "Call a friend" or "Look at my SMART goal worksheet."
6. When the flowchart is developed, practice plugging a problem or SMART goal barrier into the START box of the flowchart and then work through the flowchart with the learner to find a solution to the problem.

## NOTES:

- Not all problems and barriers to SMART goals come in the same size or package. What may feel like a big problem to you, may not be a big issue to your teen, or vice-versa. If needed, complete the worksheet separately and then talk about differences in how you might approach the issue differently than your teen.

- This activity takes practice. Expect your teen to struggle coming up with strategies on their own for some of these areas (after all, that's why you're helping with SMART goals in the first place!)

# FLEXIBLITY FLOW CHART

Using the diagram below, complete the flow chart outlining the steps you can take to be more flexible when needed.

**START**
What's the problem?

**HOW BIG IS THE PROBLEM?**

**EMERGENCY**

**MINOR PROBLEM**

STRATEGIES:

BIG PROBLEM

STRATEGY #1

OR

STRATEGY #2

OR

STRATEGY #3

STRATEGY #1     OR     STRATEGY #2     OR     STRATEGY #3

OR

STRATEGY #4

NEW PLAN: