

# Problem solving self-help guide — problem list



<b>Problem</b>	
Problem 1 - for example, "I don't have enough time to myself."	
Problem 2 - for example, "I always struggle with money at the end of the month."	
Problem 3 - for example, "I need to lose weight."	
Problem 4 - for example, "the house is always a mess."	
Problem 5 - for example, "I need to find a better job."	