

7 STEPS TO SOLVE ANY CHALLENGE

It has been suggested that life is just a long series of problems to be solved that don't end until your life is over. ***The reality isn't quite so grim, but life is full of challenges and inconveniences.*** Challenges and solutions will vary, but the process you use for overcoming challenges can be consistent.

If you have a process in place, you lessen the psychological drama that challenges can create!

Try this effective process:

1 STAY POSITIVE.

It's easy to adopt a negative attitude each time something doesn't go according to plan. Unfortunately, negative thinking makes you less capable. It can hide the best solutions. View challenges as puzzles to be solved and expect that everything will be fine in the end.

2 DEFINE THE IDEAL SOLUTION.

Avoid aiming too low. It's common to have the goal of merely surviving the challenge, but can you do better? Can you find an opportunity to make your situation even better than it was before? Use your challenge as a stepping stone to something even greater.

3 BREAK DOWN THE ISSUE.

A big challenge is often just a few small concerns. You can gain better control over your ability to focus and avoid anxiety by dealing with one smaller concern at a time. As you keep minimizing the scope of the issue, you'll feel more confident and gain valuable momentum.

4 STAY FOCUSED ON SOLUTIONS.

Avoid worrying about the future. Spend your time finding the best solution. Once you find a good solution, look for a better one. Keep looking until you're confident you can't do better. Remember, however, to give yourself enough time to act effectively.

5 GET HELP.

There are plenty of people that can lend a helping hand. There's no reason to be bashful about asking for help. You'd be willing to help a friend or family member. They're willing to help you, too. Be brave and ask.

6 BE PREPARED FOR THE WORST POSSIBLE OUTCOME.

What can go wrong with your solution? Before choosing a solution, have remedies or preventative measures in place to counteract whatever might go wrong.

7 PUT ALL YOUR ENERGY INTO IMPLEMENTING YOUR SOLUTION.

Keep your mind focused and execute your plan. Take notice of how things are working and adjust accordingly. Never give up unless it's obvious you've chosen an ineffective solution.

Solve challenges and overcome obstacles in life by using a defined process.

Take consistent action until you've achieved your solution. Keep a positive attitude and be creative when developing possible solutions. You can often use a challenge to your advantage.