

PROBLEMS OR OPPORTUNITIES FOR POTENTIAL



Like taxes and 'everything changing', problems are part of life. As a student in mathematics class you may have welcomed them; you may have loathed them. Some people are energised by problems which they call challenges; the very same 'problem' may overwhelm another.

Why is it that some people embrace and capitalise on problems and turn them to their advantage, even listing them on their employment resume or gathering the grandchildren around to hear how problems were overcome? Well it certainly has something to do with how we were wired before birth to respond to all manner of stimuli life throws at us – our *temperament*, and probably just as much to do with how we were socialised – the *nature versus nurture* debate.

Can we change our approach to problems and problem-solving? For most people, most certainly; Choice + Commitment + Courage are the starting ingredients. Whilst your temperament is relatively stable, the extent to which your spirit or emotions have been wounded, will impact upon how you likely relate to problems. This Impact Tool is all about reframing – looking at problems with perspective. It was apparently Henry Ford who quipped, "Whether you think you can or whether you think you can't, you're right."

Some people will find it difficult to BELIEVE their reframe, since they have invested heavily in reinforcing disBELIEF over the years. Yet, reframing, like any skill, can be practiced in the context of coming to terms with who you believe you are – your identity; reviewing your cherished values and your life purpose.

You are invited to look at problems in a different light and to come up with proactive steps to overcome them.

Identify a Key Problem that you are facing at the moment... as these questions.

- What is something **good** about this situation, no matter how small or insignificant?

- What are other positive aspects associated with this **good** point

- Given that the seeds of the solution lie within most every emotional and relational problem, what are the most obvious opportunities for a sustainable resolution?

Change brings loss and loss brings grief. But **loss can also represent freedom, and change, like the tender fronds of a fresh green shoot, represents the start of something new...**
Some firther question to ask yourself to help you reframe problems to identify the potential...

- If the issue means I may lose something...then what might I gain?

- Can I open myself up to my feelings a little more? What is something I can do to help me get more in touch with my feelings?

- Am I flowing with the situation or fighting and resisting?

- Who can I turn to for support? Who else ought I turn to for assistance and clarity?

- When I look back on this in 2-3 months time, what ought I have taken from this experience?

- Without expecting to change others, what can I learn and accept about myself and others?

- How can I create faith for the future and strength to go on?

Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:

I = Issues I am facing

M = My to do list right now

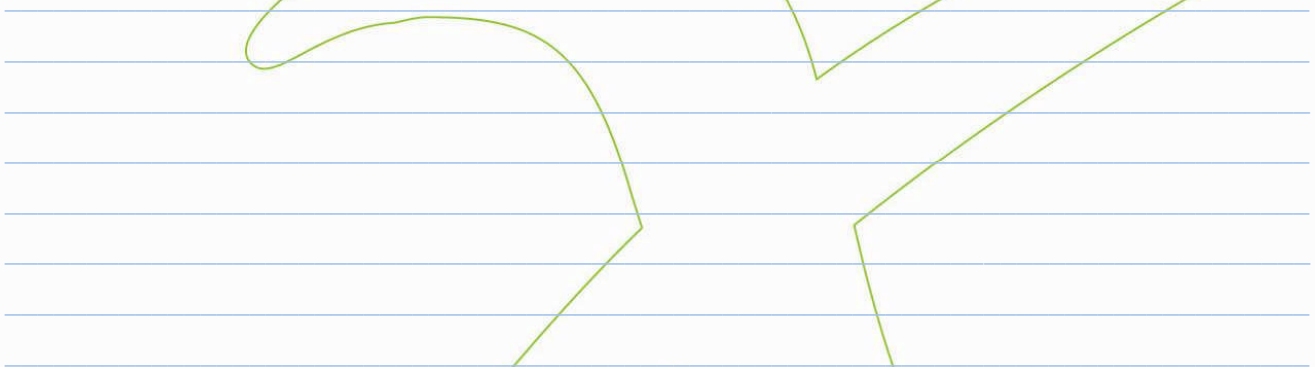
P = Plans to implement in the next one to three months

A = Attitudes right now; what I am feeling

C = Clarity needed on some issues

T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet☺)



- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS