



Life Coaching Encouragement for Your Advancement

WHAT IS A PROBLEM ?

Most people are aware of a problem only when they feel it as an emotional disturbance. Many times those feelings are more of a problem than the problem itself; the symptoms being more serious than the sickness. So to treat a problem the first step is to examine the feelings, viewpoints and reactions to the problem. One's attitude is the most significant element in facing a problem. Look at the problems as being your best friend! If you were to subtract all your problems from your job, you'd probably be left with no job! The greatest value in a job is learning how to handle the problems that are encountered. Most people try to wish their problems away, pretending they don't exist, when really one's efforts are of greatest worth when they are face to face with a problem and doing something about it ! The subject of problems is important, because when people feel they have problems their feelings are usually unpleasant. Problems affect feelings, attitudes and behaviour and can also create worry, lethargy, reduce personal effectiveness and consume time and effort. It could be said that when looking at problems with a positive attitude, they can be on the road to opportunity by which success can be achieved, especially when encountered and followed through with positive remedial action.



ACTION OR RE-ACTION ?

An important factor when dealing with problems is to deduce whether the situation is actually the problem or is it the re-action to the situation that is the problem. To give some examples: "Is Pearl's manner really stopping progress or is it that Pearl just annoys me so much I think she's the problem?"... "My daughter doesn't talk to me - is this really the problem or is it my re-action that is the problem?"... "The supervisor at the office ignores me - is this really the problem or is it my reaction to the supervisor that gives me the feeling it is a problem?" We create problems when people don't live up to our expectations of how they should act, or situations are not always the way we feel they 'should' be. Are problems worth all the effort, wasted time and thought? Perhaps we'd be doing ourselves a great favour if we could look at our problems and be able to tell which ones are worth solving - and those that aren't, let them go and stop worrying.



PROBLEM SOLVING CAN BE FUN.....

You can gain much fun and self-satisfaction from handling problems. All you need do is tune in to your own intuition and judgement and follow a few simple rules. When a problem presents itself, just let it be for a few minutes, hours or days - depending on how 'serious' it is. Before you even begin to think of solutions or actions to take, allow the problem to roll around in your mind. Ponder the problem until you feel ready to go on to the next step. Problems are not always that simple and sometimes are so intricate and complex that they cannot be easily 'solved' - if at all ! But a problem can be acted upon, situations and conditions changed and some head-way achieved. Sometimes a problem must be constantly worked on, without a solution in sight. It's much like eating - the problem of wondering what to prepare for a meal and then acting upon the problem and relieving it for a while, until the problem of what to eat presents itself at the next meal time.



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net