



Life Coaching Encouragement for Your Advancement

MORE ON PROBLEM SOLVINGFIRSTLY TRY UNTIEING THE KNOT.....

How can we let go of our problems? Most people have a hard time, because they allow themselves to become emotionally involved in their problems. Getting 'uptight' and serious about problems inhibits one's effectiveness in being able to handle the vast number of every-day problems and decisions one has to make. Conditioning from an early age plays a large part in learning and acquiring the tensions and anxiety surrounding problems. Children are taught that the decisions they make are irrevocable and they must abide by them, regardless of whether they made the 'right' decision - it cannot be changed ! The end result is that the child wishes they had never made a particular decision, and finally avoids making any decision at all. Thus the child is taught to live with the problem rather than making a decision which could alleviate it. There seems to be so much emphasis on the 'right/wrong syndrome', that there is only one 'right' solution to a problem. Consequently we build fear around making the 'wrong' decision and usually end up not making any decision, when there are usually several perfectly workable answers to solving problems. The good thing about all this is if one solution doesn't work - we can always try another way to untie the knot.

IF AT FIRST YOU DON'T SUCCEED.....

Too often people become engrossed in their problems and in solving them, become so involved in the technical issues that they end up bogged-down and up-tight, missing completely the smooth, quick and easy approach action of problem solving. Compare it with a Neurosurgeon being asked to treat a headache, where a couple of aspirin would work; or the little boy who asked a simple question about China - only to be told by his mother to ask the expert - his teacher, next day. The little boy replied "Gosh I don't have to know everything about it!" It's the same in every-day life - there is no need to become drastically involved in the perplexities of solving problems, nor is there any reason to get up-tight or bogged-down in a lot of procedures, or being afraid to follow an action because it may be the 'wrong' decision. if it turns out to be an inadequate method - if at first you don't succeed: TRY, TRY AGAIN !

YOU CAN DO IT!

A good incentive is to consider what you are going to accomplish; what you expect to achieve - by handling the problem. What objectives you have in mind and what the results would be by taking action. The objectives or results that you come up with could be the guidelines you will use to formulate your action. Now it's time to collect information. Ask others' opinions, gather enough information on the problem until you feel you are ready to begin your action against it. Now that you have the problem, objectives and information intact, like all great, creative and inventive people, you may want to allow it to incubate in your sub-conscious mind for a while. Have a paper and pencil nearby at all times - you never know when the answer to your problem will pop out.- and you may just be surprised at the ingenious solutions that are brought forward when you program your mind this way !

ACT NOW..... Alfred Tennyson wrote "1 must lose resell in action, lest I wither in despair."

The time to act is NOW. Don't let doubt and fear deter you from taking action. Collect a treasure-trove of information to store; use your creative imagination to the fullest, allowing it to soar and roam, till you have many solutions, answers and actions to choose from. the worst thing that could happen would be to make a wrong choice, but there is no-one more miserable than the person who is too afraid to make a decision ! Be a doer Make decisions to act now Make things happen !



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