



WHAT CAN YOU DO WHEN YOU FACE AN OBSTACLE OR PROBLEM?



1. Write down the problem/s or problem situation as clearly as possible.

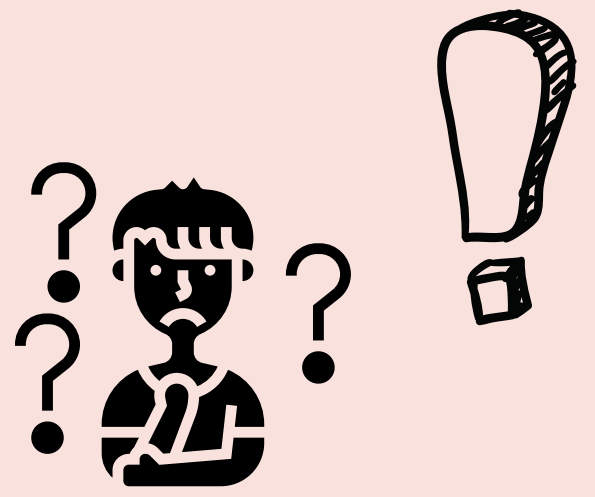
Define the problem precisely. Then, explore and analyze it thoroughly.

2. What solutions and possibilities can I derive with my available resources?

Think, brainstorm, and list all possible solutions. Use your insights to develop short-term and long-term solutions to that particular issue.

3. If this problem concerns one of my friends, what best solution would I suggest for that friend?

Humans are good at giving solutions to others. A third-person perspective on our stumbling blocks opens up more opportunities and possibilities.



4. What kinds of action/s do I need to take to handle this situation adequately?

Selecting the best option and plan of action is the next step. Sometimes, merging two possibilities and creating a solid action plan is crucial.

5. How can I implement the actions or changes?

Implementation of plans or behavior changes need to be taken care of. Setting a goal with a time limit is helpful in some situations. Practice the solution you chose.

6. Can I change this problem into an opportunity?

Give yourself feedback on how and why the solution worked or failed. Turn this into a learning experience or opportunity.

Are you still feeling stuck? Help is a click away. Seek it.

Connect with us for **FREE** first Life Coaching Session.

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