

Handling the Daily Life Problems

-- E.R. Haas, CEO

Life-changing opportunities occur daily. Are you getting your share? As I said yesterday, all you need to do to start SEEING opportunities, is to look beyond your PROBLEMS and start seeing SOLUTIONS... by changing your point of view.

You get a lot SMARTER when you freeze negative emotions, and engage your brain in looking at your circumstances from a fresh new vantage point. If you simply apply your power of observation to finding solutions, rather than staying absorbed in the problem, ([Attitude Factor 3f](#)) you will *stop* seeing the problem... and *start* seeing the opportunity contained within it.

It is that simple

Today I want you to write down your 3 biggest problems. Then, take some time to think about the SOLUTION to these problems.

Don't worry about how you are going to implement the solution. (That will in fact wear you down and wear you out.) Simply look at each problem, and look beyond it to what you believe the solution to be.

Assume the Problem Genie will wave his or her wand at it, and in place of the problem, the solution will instantly appear!

My 3 Biggest Problems:

- 1) _____
- 2) _____
- 3) _____

The 3 Solutions:

- 1) _____
- 2) _____
- 3) _____

Look at what you have written down. The solution is "doable" if you have the power to take the necessary actions. That is a given.

However, even before you start to solve your top 3 problems, you must make absolutely certain you remember to do TQ Factor 3F:

"I focus more of my time on seeking solutions rather than staying absorbed in the problem."

FACT: You will always be more productive when you focus on what you CAN do, rather than on what you CAN'T do.

Keeping problems in perspective is essential to solving them and moving on.

Remember to differentiate between what you can and can't control. Focus your time and energy on those things over which you have control.

Don't live with problems

Frankly, they're just not all that fun to live with!

Seek a solution to every problem as soon as possible -- and enjoy the immense sense of freedom that comes from moving on.

"The idea is to make decisions and act on them -- to decide what is important to accomplish, to decide how something can best be accomplished, to find time to work at it and to get it done." ~ Karen Kakascik

The following Ideas for Action from our [Attitude Workshop](#) represent some of the best thinking on the planet regarding this subject.

They're designed to inspire and motivate you to actually *do* Factor 3E a great deal more frequently.

Keep in mind, however, that they will *remain* ideas until *you* put them into action.

Are You Looking At The Storm Or The Rainbow?

Focus on the solutions rather than the problems. You will be more productive and effective when your attention is on the positive rather than the negative. Focus on the fix. Spend no time today on negative reactions. Cross quickly to the sunny side -- the solution side -- of every situation.

Which End Of The Telescope Are You Looking Through?

Keeping problems in perspective is essential to solving them and moving on. If you incorrectly believe that a problem is all -- encompassing -- and will forever control your life -- it is, and it will.

Keep your problems in perspective. See them as very specific and merely temporary.

How Much Time Do You Worry About Something Going Wrong?

Every minute, something goes wrong somewhere. So, fix it and keep going. Don't stop at a problem. Start with a solution.

Do You Have Your Control Freak Under Control?

It's important to differentiate between things you can control and things you can't. Focus your time and energy on those areas that you have control over.

Spend your time on the things you can control. Pray for the rest.

Is There An Even Better Way?

You trap yourself when you believe your options are limited. There are always possibilities that you just haven't come up with yet. Ask others for their ideas, options and alternatives.

Look for the other "best way" to do everything on your list of problems today. There is never "only one" way to do anything.

Are You Checking Out Every Angle?

Learn to ask better QUESTIONS and you'll receive better ANSWERS. If you don't ask the RIGHT question to start with, then by definition, you'll never end up with the RIGHT answer.

(At Harvard, they call this "Logical Incrementalism." If you START at the WRONG spot -- even though every decision you make is perfect thereafter -- you will END UP at the WRONG spot!)

Instead of asking, "What's wrong with our procedures now?" ask "How could we improve our procedures now?"

The Bottom Line...

Inside each of these ideas is the blossom of opportunity. Permit it to flower and you will change your life. You will become old and successful.

Allow the bloom to die on the stem, and you will be filled with the regrets of opportunity lost. You will become old and cynical.

Look around today. Take some time to put your life into slow-motion so you can actually see, hear, feel and touch the hands of destiny.

It's your life. Seize the day! Become the opportunity.