

PERSONAL IMPROVEMENT

When Faced With Adversity, Focus on Solutions, Not More Problems



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To turn failure into a gift and grow through the tough times instead of just casually going through them, you must begin to start focusing on ways to actually resolve the situation. Many people let their minds wander toward the negative, which then prompts them to focus on more problems instead of searching for ways to resolve the situation and grow from it.

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The individuals and companies that are able to get through tremendous setbacks and actually grow because of them are the ones who focus on solutions, not more problems. Look at Thomas Edison for a quick example. His persistence in continually searching for solutions after facing one failure after another is a prime example of the utter importance of focusing on ways to advance.

Failure is never a final end result unless you make it so. Edison used every experience to get one step closer to where he was trying to go all along. This is the same type of mindset that we need to apply to our own lives and businesses when failure and adversity strikes.

Taking the time to fully analyze your situation in solitude, while focusing on solutions instead of problems, can revitalize your mind and help you focus on where you are headed, how you feel, and more important, how you view failure from that moment on.

If you do what's easy, your life will be hard. If you do what's hard, your life will be easy.

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This applies to basically everything that we do. What's easy is to focus on the negative when tough times occur. What's easy is to focus on the problems in our lives instead of directing every bit of our energy towards the solutions.

We have to remember that what we focus on expands. If we focus on problems, we will get more problems. If we focus on solutions, we will get more solutions.

The next time failure, adversity or a setback knocks you down, make a list of possible solutions for the problem at hand. You don't have to know the ins and outs of every single thing, but right when

hand. Once we have a list of 20 to 30 solutions, the next objective is to decide which solution is best and getting to work on putting that solution into play.

If you think long and hard enough, regardless of how bad your situation may be, the solutions are there. This type of thinking can be a total game changer for you and your business.

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