

HOW TO SOLVE ANY PROBLEM



CIRCUMSTANCE

– Circumstance is factual. It is **neither good nor bad**.

OUR CIRCUMSTANCES
TRIGGER OUR THOUGHTS

THOUGHTS

– Thoughts are stories we tell ourselves to **make sense of the world** and our circumstances. **One sentence from your thoughts**.

OUR THOUGHTS
CREATE OUR FEELINGS

FEELING

– What feeling are you experiencing when thinking this thought? **One word emotion**.

OUR FEELINGS
DRIVE OUR ACTIONS

ACTION

– What do you do or what don't you do in a situation when you feel this way? **List everything**.

OUR ACTIONS
CREATE OUR RESULTS

RESULTS

– This is the result of our actions.

To feel better or change the result you are getting, continuously study the model. Ask yourself what action you can take to get the result you want. What feeling would motivate and inspire you to take that action? Try different thoughts and find one that gives you that feeling. Focus on this new thought. To get the results we want, we don't change our circumstances,

WE CHANGE OUR THOUGHTS.