

A Personal Problem-Solving Reflection

7B

An overload of personal problems activates our defence system, alerting us to take action. Positive action is to welcome our problems and open ourselves to a variety of solutions before making a decision.

This reflection helps you to welcome and transform your problems.
Listen to and repeat within yourself or out loud

I welcome personal problems as an opportunity to experiment and learn.

I take time out to face my problems and explore solutions.

Problems offer me a chance to develop as a person
to develop my skills
to learn about me.

I explore solutions and I carefully assess their pros and cons
before I decide what is the wiser direction for me.

I challenge myself to carry out my chosen solution
to be courageous and act
to be ready to act
to execute my decision.

Should I meet unforeseen obstacles

I welcome them as further opportunities to learn and explore
to discover new possibilities
to gain confidence in the positive energy created by my welcoming attitude

Problems are a wonderful invitation to dream and to learn
to be happy and to love