Problem Solving

- Seven steps for

- effective

- problem-solving

1) Break down the problem

- When people first look at a problem it can sometimes be overwhelming. Sometimes it might feel like you are looking at a jumble of words or nonsensical images.
- By breaking the problem down into smaller pieces, it becomes less insurmountable.
- When we break the problem up it can help to restate the problem so we understand it in our own words
- Write it down as you work through it

2) Focus on what you want

- When there is a problem in our lives, we may have the tendency to state what we don't want

- This can translate to professional problem-solving, when you focus on what you don't want your brain can't see what it does want

- If an airplane is focused on what it doesn't want, it will never reach its target. (And may crash into a mountain)

3) Start Backwards

- Sometimes referred to as reverse engineering, starting from the end of a problem and moving backwards you may see things in a different way.

- This concept is used in places like marketing, politics and, of course, engineering.

- Another way to think about this is think about the outcome you want and breakdown the process so you can arrive at that solution.

4) You will get stuck

- Walk away.
- Often people will try to keep pushing through a problem when they are stuck. This just creates frustration because you may be "Too close to the forest to see the trees"
- Walking away not only allows you to clear any emotion on the subject but it also allows the mind to go into a different state which it will allow you to solve the problem much easier

5) Finding answers

- People don't know everything. Google (and other search engines)have more knowledge than we could ever hope to assimilate in our own limited consciousnesses

- Someone likely had this issue before, so it could be useful to consult the internet.

6) No wrong decisions

- Analysis Paralysis.
- You may have this horrible affliction
- Symptoms include(but are not limited too)
    1. Indecision
    2. Not knowing where to start
    3. Feeling you are going to do something wrong, so never starting
- Just start. If you start and its wrong, then know what not to do. If you never start, you will never get to your destination.

7) Imagination

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, stimulating progress, giving birth to evolution"

- Albert Einstein

7) Imagination

- We can not solve a problem with the same level of thinking that brought us into the problem. Use your imagination to rise above the situation and create a new solution
- Books that cover Imagination
  - The Law of Success
  - Think and Grow Rich
  - The Magic of Believing

- https://www.youtube.com/watch?v=D5Oeajtbg0Y&ab_channel=SeanJohnThompson
- https://www.youtube.com/watch?v=v34NqCbAA1c&ab_channel=TED-Ed