

# Solutions Brainstorm

SOLVE ANY PROBLEM MINDFULLY

## Step 1 - Identify the problem

The first thing you need to do is to sit quietly with your thoughts and establish exactly what the problem is. It's not going to help if you only know that you're unhappy, you need to know:

- what you are unhappy with, and;
- what you are wanting to achieve.

Take 10 minutes to get this clear in your mind, write the problem down (use your 'solutions brainstorm printable' here if you like !) and then move on to the next stage.

## Step 2 - Break the problem into bits

Problems are a lot less frightening when you break them down into bits. So, that's exactly what we're going to do. For the next 'bit', think of all the possible solutions for the problem that you have. The trick with brainstorming is to let your mind run free and write down everything - the wacky ideas as well as the sensible ones. If you write everything down, there's bound to be a good idea in there somewhere, and as an added bonus, writing the solutions down will empty your mind of these racing thoughts and you'll start to feel calmer!

## Step 3 - Pick One

Look at all of the possible solutions you now have. Which one is the best option for you right now? Just pick one to start with, you don't want to overwhelm yourself. Write this solution down and start to feel the focus flowing through you. Before you move on with that laser focus of yours, take a second to check that this is do-able. Is this solution realistic (might be a bit tricky to run a marathon with no prior practise!), is it slow and easy (so as not to panic you) and is it just one thing?

## Step 4 - How to do it

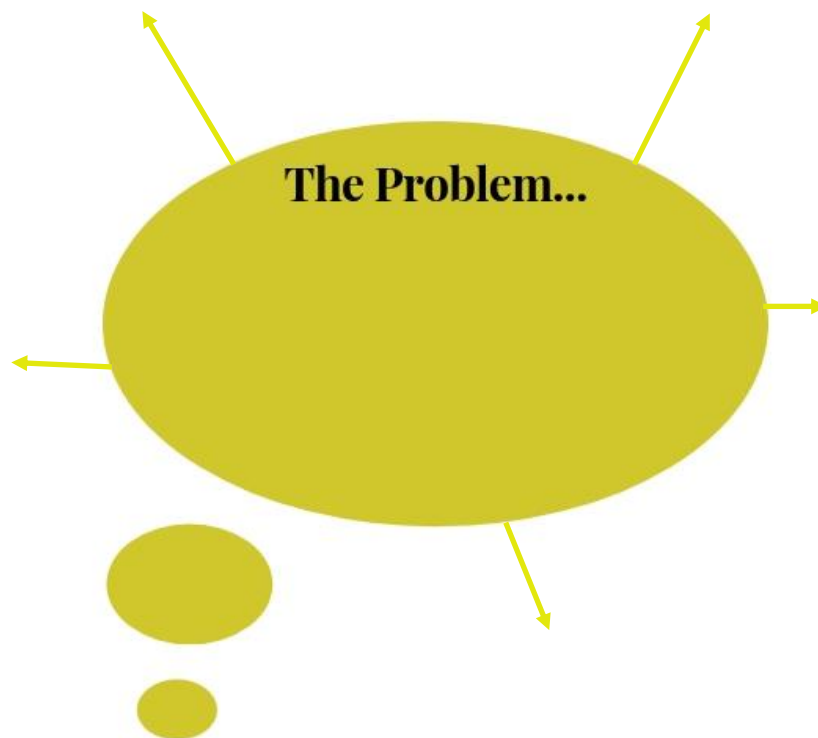
Write down, step-by-step if you need to, how to actually go about it. What steps do you need to take to achieve this solution. e.g if your solution is to 'contact someone I know and arrange to meet up for coffee', your steps might be:

- look up the phone number of my old friend
- text or call the person
- invite them for a coffee

THE HAPPY IN THE MOMENT

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THE BEST

*Solution*

IS...



CHECKLIST

*Is this solution..*

REALISTIC

SLOW

EASY

JUST ONE THING

STEP BY STEP

*How to do it*

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