



The Problem Solver

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This task is designed to help you come up with a solution to any problem you may come across in your life, not just weight loss related problems. This task should not be used just once for any current problems you have and never again, it should be used for all the problems you have for the rest of your life.

All you have to do is ask yourself these questions and answer them truthfully.

1. What are the details of the problem?
2. What are the benefits of this problem, if any? (Maybe this time last year you would have loved to have had this problem as it means you are more successful now, maybe being busy is a good problem as you are making more money. It may be a problem but look to see if it's a good problem.)
3. Why do I think this problem exists? What beliefs do I have which are making this problem possible? (Could be your beliefs about becoming successful at work be causing you problems at home as you're not spending time with your family?)
4. How do I feel about this problem? How is it making me feel?
5. How would I like to feel?
6. What would I need to think to be able to solve this problem? What would I need to believe so that the problem wouldn't exist? (Maybe you have to believe that food is there to give you energy and nourish your body rather than believe it is there to enjoy so you stop you eating crap)
7. What am I not willing to do or change about this problem?
8. What am I willing to do or change about this problem?
9. How can I make the process of change about this problem fun? What can I enjoy about the process?
10. What 5 steps can I take to solve this problem?

These 10 simple questions can help you solve any problem in your life. Once you have come up with the steps to solve the problem make sure you take action. To help compel you to take action, make sure you focus on how you will feel when the problem goes away. You are far more likely to take action if you think about how you will feel once the problem has gone rather than just getting rid of it.