Problem Solving

This is a skill that definitely requires interpersonal relationships because you aren't the first person to encounter your problem.

Of course, you have to recognize and admit there is a problem to solve in the first place. Then list out all the facts (not stories). Then list out possible solutions and do some research. Enlist help from others so that your tapping into both right-brain and left-brain ideas. Finally, select the best solution to implement.

By building your problem solving skills you will increase your self-regard, independence, self-actualization, stress tolerance, and optimism as well as add value to your team, your effectiveness, and your productivity.

Things to do: Consider how problems are currently solved in your family, organization, and work environment and how effective the current problem solving method is. You may find you need to adopt a new practice in one or more of these areas.