

ABILITY TO TAKE A POSITIVE APPROACH IN DEALING WITH OBSTACLES

Obstacles and problems can challenge you. How you handle them depends on your mindset. Do not be afraid of them whenever they appear, for you are strong enough to overcome them if you choose to tackle them well.



„If you think you can do it - you're right. If you think that you can't do it, you're right, too.” – Henry Ford

How to do it:

- Believe in what you do.
- Engage in new activities, don't be afraid to take risks and assume that everything will turn out well.
- Be grateful, appreciate every success, even small ones, and rejoice over them.
- Avoid people with negative influences and thoughts who grumble and see everything around them negatively.
- Each day, write in a dedicated notebook what you appreciate about the day, the business you did in it, and what you are grateful for.

Stay optimistic.

Surround yourself with people with positive attitudes.

Spend time with youth.



Listen to a short video on the importance of positive thinking – how to do it.

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If you don't know how to do something, go to sleep and try the next day again.

How to do it:

- Regularly analyse both progress and obstacles in your business.
- Deal with the findings with a cool head, without emotion.
- Look for improvement in the progress of your business and challenge and change in the obstacles and problems.
- Remember that no situation is so bad that it can't get worse.
- Train your perception of the present moment.
- Visualize the state of your business graphically and in colour: yellow is the positives, and green is the challenges that await you (all obstacles and problems).
- Alongside entrepreneurship, remember self-development, as this builds the ability to take a positive approach to deal with obstacles and problems.
- Write down what you want to adhere to daily and strive to stick to it.
- Write down what you want to do and achieve each month, both in your business and personal life.
- Refrain from expecting others to do things for you. You are intelligent and capable. You can do it.

Accept reality.

Don't wear rose-tinted glasses. Keep your feet on the ground and your head within your dreams.

Don't look for happiness. Start creating it.

Start each day with courage and confidence that it will bring success.



Look at the approaches to problem-solving.

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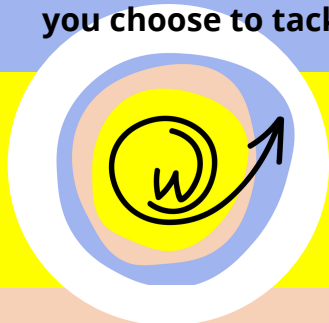
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It's better to do it with a smile on your face.

Trust yourself.

Look for positive role models.

Examples attract.

Do not repeat the same mistake.

How to do it:

- Fear is a good advisor but a lousy master. Don't let fear control and enslave you in any domain.
- If your thoughts dwell on fear, write down what you are afraid of.
- Then write down how you'd like it if the fear wasn't there.
- Cross out the fear and tell yourself every morning how it will be. You will overcome fear, and you will believe in yourself.
- Look for those doing well in business, life, family, etc.
- Begin to communicate with those individuals by discovering the secrets of their success or attitudes towards the positives, problems, and obstacles.
- Learn from mistakes, don't repeat them and turn them into something more valuable and positive – experience.



Motivate yourself with the example of the positive role model Rob Balušik, whose upbeat attitude overcame life's obstacles.

Find more

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ABILITY TO TAKE A POSITIVE APPROACH IN DEALING WITH OBSTACLES

Entrepreneurship also requires a precautionary attitude so that the moments we don't count on don't crush the entrepreneur. Unpredictable situations can take anyone by surprise. They may "hurt" but won't ruin you if you've prepared for the "what ifs" and how to proceed.



„Nothing is so bad that it cannot provide some good to the earth.“ – William Shakespeare

Expect the unexpected.

Embrace the unexpected.

Stay optimistic.

How to do it:

- Take time in advance to think through the "what ifs" and prepare for the "just in case". That way, you'll stay poised under the pressure of what's to come.
- There's nothing wrong with feeling frustrated at first after a bad experience, but instead of dwelling on "This shouldn't have happened," shift your thinking to "Now that it has happened, how am I going to deal with it?"
- Every problem can bring something good, such as lessons learned and a new experience. They are also a reason why you should remain optimistic.



Why you should define your fears instead of your goals with Tim Ferriss.

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Look at every problem as an opportunity.





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Count on unexpected situations without fear.

Consult with others.

Use creative and critical thinking.

Plan results.

Don't give up.

How to do it:

- Asking for advice and considering multiple perspectives will broaden your view of possible solutions that you may have overlooked.
- Use your critical thinking to analyze the problem and switch to creative thinking to generate options. Then again, use critical thinking when evaluating options, keeping in mind that the best solution may be a combination of multiple solutions – be creative.
- Identify the root cause of the problem and focus on the outcome you planned to achieve. You don't always have to change your ways of doing things. Sometimes you just need to refine them.
- Keep trying and trying again. There is always a solution. If you don't see it, ask for advice.

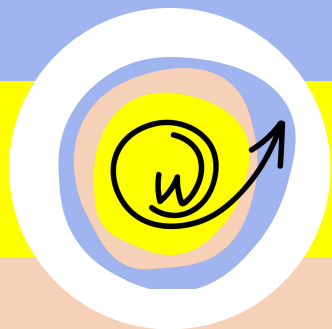


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Worksheet for the web

How problems come to you and how to solve them

1

Track the problem, examine the area where things are not going well and work to improve them. The first and most crucial step in solving a problem is determining which stage of the process is not producing any results. Then you should focus on its elimination.

2

Try to accept problems that may arise from unexpected sources. Preparing for difficulties that may arise from sources you think will never fail is essential because life is full of surprises. Consider the "what ifs" and be prepared "just in case" to prevent them.

3

Always have an attitude of optimism. Believe that you can find a solution to any problem.

4

If you are unsure about something or lack knowledge in a particular area of your practice, consult an expert. They can give you the edge you need to resolve the situation.

5

You will use both creative and critical thinking skills to solve problems. Use your critical thinking skills to identify what is wrong and creative thinking skills to develop a solution.

6

Never give up, and always consider the outcome of your plan. Every problem has an answer. Work hard and you will achieve success.