

HOW TO OVERCOME ANY PROBLEM OR CHALLENGE

Although I may not know you personally, I do know that you've had to deal with some major problems and challenges in your life. In fact, right at this moment, you may be facing some obstacles that stand in the way of achieving one or more of your goals. I am sure of this, because the more goals you have, and the more ambitious those goals are, the more problems and challenges you will experience in achieving them.

The truth is, we all must deal with difficulties in life. And it's likely we'll spend a great deal of time and energy working our way through them. Much as we sometimes might wish for a life completely free of problems, we must accept in the end that problems, difficulties, challenges – by whatever name – are a constant in our lives.

Quite possibly the greatest lesson I've learned about dealing with problems in life is that it's not what happens to us that determines the kind of life we have – it's what we think and what we do about what happens that makes the difference – the difference between success and misery. As I said, everyone has problems. But people who succeed in life are those among us who've learned to accept responsibility for their problems and to take the action needed to find solutions.

If there is a single common trait among people who do not make a success of their lives, it is a refusal to deal with problems in a forthright and timely way. No one really likes problems of course. But ignoring a problem in the hope that it may go away solves nothing. In fact, I will assure you that a problem deferred is often a problem enlarged. So, remember, the first step in solving life's problems is accepting responsibility and facing up to the problem, whatever it is.

That leaves the obvious question of why some people don't face up to their problems. For most, the barrier that prevents them from dealing with life's challenges is fear. Just plain fear. Sometimes it's fear of the unknown. Sometimes it's fear of imagined consequences. Sometimes it's fear of failure that keeps people from taking action.

People are often reluctant to admit they're afraid – reluctant to acknowledge how this powerful emotion is affecting them. But ignoring fear or pretending that fear isn't a reality, only makes matters worse.

At the opposite end of the spectrum successful people are goal-orientated and derive real pleasure in surmounting the challenges on the road to success. They find real enjoyment in the journey, because they are rewarded by progress and the satisfaction of achievement every step along the way. They thrive on solving the problems handed to them. They keep their eyes firmly fixed on their objectives and believe that getting there is at least half the fun – if not more.

Success-bound people develop substantial momentum in moving forward toward the goals they've set. They regard setbacks as just that, setbacks. They fix the problem and move on. Typically, people with momentum are not content to be working on just one goal, but have several in progress at any given time. For this reason, a problem in one area does not mean a total derailment. Momentum is maintained in

other areas while the problem is fixed, and that helps to get the troubled project moving again.

These most powerful and reliable tools for success are the twin forces of Commitment and Persistence. If you have Commitment, Persistence will follow. And having Persistence always means Commitment is present. These are the twin forces essential to the successful completion of any enterprise or endeavour you undertake.

For most people, failure to achieve success results largely from a reluctance to use – to commit to the fullest – the abilities they’re blessed with. People who are not willing to make maximum use of their abilities are not prepared to make commitments to succeed.

Resolve to perform. Perform what you resolve. That’s commitment.

So, the secret to overcoming any problem or challenge is to simply take responsibility and deal with it. No one can succeed by ignoring problems. That’s why a problem deferred is often a problem enlarged.

Remember, that when you’re faced with difficult problems, don’t waste time wishing life were easier. Instead, wish for more intelligence Wish for more skill And wish for the wisdom to understand the lessons of life. Use problems to help you grow and expand and become all you’re capable of being.

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