

## **Quality #2 Goals and Expectations**

### **Problem Solving**

Have you ever been awakened in the middle of the night by a flash of brilliance, sat up, and said, “That’s it. That is the answer!” Have you ever been driving down the road and had a solution to a challenging problem pop into your head as if it came out of nowhere?

When in development on the Intentional Creation assessment we reached what might have seemed an impasse. If you have taken the assessment, remember the first time you saw your world out of order. Originally it was designed to stop there. Of course in the initial beta tests people were confused and overwhelmed. With that feedback in hand, I returned to the office to be still and to problem solve.

Being angry would not serve. Being overwhelmed would not serve. Being fearful or doubting my ability to solve the challenge would not serve. The gap is a dark place and I was not about to go there. “This is a worthy project,” I quietly whispered. Each time I was tempted to feel panicky or frustrated due to the looming deadline with a major client, I stared at the computer screen and whispered, “Not tonight. We are not going there tonight. We are going to stay present and focused. We are going to stay in creation.”

My thoughts turned to the three questions, “What can I create? How can I create it? How will this serve?” While staring at the computer screen and repeating those three questions over and over, the solution came, “Put the world back together again.” Not knowing what that

meant, I wrote it down on a sticky note. “What does this mean?” Then it hit me. What if we could drag and drop the out of balance measurements and help a person put their world back together again.

It was 10 PM, but I called our programmer anyway. He said it was possible and would call me back in the morning with some ideas. He went to bed. He couldn’t sleep and then suddenly it came, the way to do it. He jumped up and in a couple of hours it was functioning. When I awoke at 4 AM to continue development, the solution was waiting for review and approval.

I still have that sticky note in my journal as a reminder that when we choose to intentionally create and focus all of our ability on a problem, a solution can come and it may be beyond our current realm of thinking. That ignites passion!

What is the single greatest problem you are currently facing? Are you spending any time in fantasy, racing ahead to a time when this challenge has been solved? Do you ever catastrophize or worry about what is going to happen if the problem is not solved? Do you ever beat yourself up for having this problem in the first place? Is it potentially embarrassing? Have you reached a point where you feel all is lost?

Take out a piece of paper and write down the problem. Make the commitment that you will find an answer and will not cease constructive creation until you find it.

Close your eyes. Can you see the ladder next to you? Climb up the ladder.

From up here everything is clearer. Start by becoming aware of the sabotaging thought processes that want you to engage in catastrophe or want you to feel like a victim or want you to focus on ego or image. Dismiss them as silly and childish.

Consciously invite your partner to participate in this problem solving process. Become aware of any thoughts of unworthiness, doubt or fear and let them go.

Be still until the noise of this tangible reality and self-doubt melt away. Feel the cool refreshing breeze up here on this plateau – this vantage point.

You don't need to have the answer, yet trust that there is one.

In this moment you are okay. In this moment you can be at peace. In this moment you can be safe. In this moment you can be whole. Stay in this moment.

If others are involved, put yourself in the shoes of each person. See what they see, the way they see it. Be open to possibilities. You do not need to agree with, justify or excuse their behavior, just take a look at the problem through their eyes. At the same time take a good look at “you” through their eyes. How do they feel about your current level of accountability, focus, discipline, effort and action? In what ways are they justified?

Does this seem like too much work? Consider how many hours you have already and willingly invested in catastrophizing. Constructive

problem solving takes more discipline but the answers come more quickly. Nice trade off.

Now focus on three questions: What can I create? How can I create it? How will this serve others?

Consciously shut off sabotaging thoughts. Be still. Focus. Seek. If your mind wanders, follow it. Write down every impression you receive. Each time you are tempted to seek refuge in the gap, say, “Not today! We are not going there today! I am staying in creation.”

Now be with this for a day. By the time you awaken in the morning, you should have several ideas, possibilities, all of which are new. Which one excites you the most? Take action and create.

Two weeks later and based on a pre-set schedule, revisit the problem and compare how far you have come in just weeks. Miracles are only miracles in retrospect. It is often hard to fully appreciate a miracle when you are in the middle of one.

Sound too simple. It is supposed to be simple. What are you doing to shut off all the noise of those negative, sabotaging thought processes that block the conduit between you and the Power that governs abundance? The more successful you are at shutting off that noise the quicker you get your answer.