

FREE REPORT
from Personal Development Academy

5 Steps to Solving All Problems!
... using problems to achieve breakthroughs.

In the search for anything - love, freedom, peace, abundance, etc - the first thing that happens is that the blocks to them will come up. That's how life is and the sooner we accept what is, the sooner we can have it work effectively for us.

Problems do not tell you that you're doing the wrong thing - they tell you that you're doing something! At least you're getting off your bum and giving life a go for when does your car break down? When it's sitting in your garage or when you're driving it? So, problems are a function of your activity. They happen! They are a gift!

Use these 5 rules, below, to see how problems can serve you in every moment of your life.

**1. Admit that
you have a
problem**

DON'T get all upset and start ranting and raving... "How come this £*&%\$ **always** happens to me!?"

When you are angry you are not operating at the peak of your resourcefulness. When you are upset, what you're actually doing is focusing on the **problem** ... instead of working on the **solution**.

So, the alternative is, firstly, to admit that you have a problem and be clear about what it is - e.g. the problem is that I need to get to London by 6.00 pm, my car has broken down and I don't know how to get there on time.

1. Be honest - yes, you have a problem. Anger will not solve it but starting with clarity will help.
2. Remember that the problem is something you've **had** and it's not something you **are**!

**2. Review
and look for
the
breakthrough**

If you've had a problem, a breakdown, it will tell you what your breakthrough is.

We all have things we want to accomplish - finish the washing, become an astronaut, beat my mate at snooker, write a best selling book - and when we accomplish them, that's a breakthrough.

However, sometimes there is a breakdown (a problem, a blockage) and we don't accomplish our breakthrough ... yet.

So, review the breakdown you've just had and return your mind to the breakthrough you were looking for.

**3. Thank the
breakthrough
and do
something**

The breakdown or problem has revealed what your breakthrough is. Thank it for that insight.

Now, do something to start working towards your breakthrough.

By focusing on your goal, your breakthrough, your mind will be much more fertile and imaginative in coming up with ideas to take you forward from here.

So, focussing on your breakthrough, do something towards it - there is never nothing that you can do if your mind is open to possibilities.

4. Restate your vision

Later on, when the initial crisis is over, give yourself some time to regroup and remember ... and recharge at life!

Return your mind to the time when you first created your goal or breakthrough - what was it that you first wanted to accomplish?

Return, also, your energy to that time. When you set your goal, you were feeling good about accomplishing it. Remember how that felt - bring all those positive emotions into your body and into your mind. Breathe them in. Savour them all. Smile. Jump up and shout. Sing. Pat yourself on the back. Rewrite your vision ... do whatever it takes to get the good vibes going again.

5. Do something

Now that you're back in that place when you first set your goals, imagined your breakthroughs and planned the steps to get there, you simply start again - this time with more knowledge and, perhaps, a slightly different plan.

With your breakthrough in mind, and the steps to accomplish it, DO something ... anything! Nothing activates help from the universe more than your own action - if you sit and ponder, so will the universe. Obviously, doing something towards your goal is the best thing to do! Activate yourself and you reactivate your goal's achievement.

If there is anything you want to ask, don't forget to email us at info@bbcorp.info

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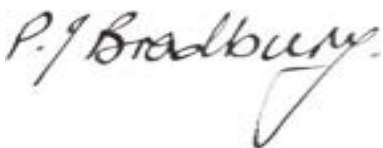
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Yours Sincerely



Philip Bradbury



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