



Strategies For Saving Your Sanity™

As I travel around this country and talk with business owners, employees, parents, teachers, students, etc - I am constantly amazed at how an individual can carry around so much stress, and not do a single productive thing to relieve themselves of the worry. Whether the stress is work related or personal - I've compiled a list of actionable techniques that can help you create your own **Strategy for Saving Your Sanity**.

No more yelling. No more temper tantrums. No more feeling as if things are beyond your control. You can make your life more productive, more joyful, and more enjoyable by implementing some or all of the following techniques in your daily routine.

PROBLEMS:

Understand something very important: **The Only People Without Problems Are Dead!** Problems are an everyday fact of life. You can't avoid them. We have enough of our own problems to address on a regular basis, so the last thing we need is do is take-on other people's problems.

For many this sounds reasonable, but they have no idea how to deflect the "problem leaches" away from themselves and back to their original owner. That's why I've compiled 6-critical questions for deciding "*Who Owns The Problem*". Print this out, and hang it in your office or on the fridge at home. Every time a chronic problem carrier approaches you with a problem to deposit in your lap, you can refer to this guide to help you quickly surmise who the problem belongs to - and whether or not it's your problem to solve.

<p style="text-align: center;">FRONT</p> 	<p style="text-align: center;">QUICK START GUIDE</p> <p>STEP ONE- Insert problem.</p> <p>STEP TWO- Start defining the problem with the series of "never fail" questions found on the poster. Ask yourself seriously "Who Owns The Problem"? See if you can define any part of the problem that you have ownership of - and is this your responsibility to solve this problem? Did you make the decisions that created this problem? Are you the one with the power to solve the problem? Do you control the steps that need to be taken, and did you make the choices that invited the problem to find a home in your life?</p> <p>STEP THREE - Assign the task of solving the problem to the appropriate party. HINT- 9 times out of 10 it's the person that brought it to you!</p>
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Problems are one of the things in life that you can count on. Whether your problems are major or the cumulative effects of minor everyday hassles, it is how you react to problems that can either make or break you.



So what makes the difference between people who choose to react and stay stuck with problems and those who choose to step back and rethink them? In today's society, we're unfortunately so conditioned to react to a problem with a typical thought, like "What am I going to do?" I don't want you "to do" anything. That's the problem! We all want to "react" and "do something" to stop the frustration we're experiencing. I want you to step back and use Six Critical Questions to save your sanity.

"Who Owns the Problem?" Don't forget that the only people without problems are dead. Problems can be looked at as wonderful opportunities to step back and rethink about the world around you. I believe that in 98% of the problem situations in life it is critical to not become a problem solver for others, but rather a teacher of better alternative choices to take effective control of life's daily problems. If you choose to become a problem solver, it unfortunately will create a perception in the other person's mind of you owning the problem as well as you owning the solution to the problem. Yuck! This is immediately going to put you in a burnout position in life. Keep focused on what you have control over. "What part of this problem do you own?" "What part of this problem do others own?" Don't allow yourself to get consumed by taking on other people's problems. Problems that you don't own!

"Who Owns the Responsibility?" "What part of the problem are you responsible for?" "What part of this problem are others responsible for?" If you find that the other person is responsible for either all or part of the problem, then you need to focus on what you have control over in this problem situation, which is yourself and how you choose to think, act and feel.

"Who Made the Decisions?" It is critical for us to step back and rethink about the decisions made in any problem situation. Keep your focus on the choices "made at the time" when the problem arose. "What decisions were made and who made them?" Again, don't take on other people's problems, responsibility and decisions if you want to save your sanity.



“Who Has the Power?” “What power do you have over this problem situation? What power do others involved have?” Teach and model that when we experience problems in life we are never ever stuck unless we choose to think, act or feel stuck. We have the power of choice to turn all problems into opportunities.

“Who Has the Control?” “In this problem, what do you have control, influence or no control over?” Separating problems into these three areas will be priceless and save your sanity ten times over! Begin to separate all problems into these three simple categories and you will immediately lower your stress level as well as begin to focus your energy in a whole new way about the daily problems you run into. You will quickly begin to see that with many of the problems you experience you have very little, if any, control and at best just influence over. You will begin to realize that you do have 100% control over yourself and the choices that you make from this point forward.

“Who Makes the Choices?” “In what way are the choices made previously responsible for the problem at hand?” “What choices can be made from this point forward in order to actually make this problem a great opportunity? By keeping your questions focused on the concept of choices, you not only give yourself, but also others, the clear impression that you know people have the power and the control to make good choices and poor choices. And if you perceive problems as opportunities then from this point forward you have 1440 minutes of every day to make better choices.

Keep The Six Critical Questions displayed prominently where you can see them on a regular basis. It will keep you, and everyone you are associated with, more focused when dealing with the daily problems of living.



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