

By

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## *Problem Re-Thinking*

This is about positively re-thinking your problems and obtaining new perspectives to avoid worrying!

Use this to create a new way of looking at things that are happening or come up in your life

Below are just some humorous ideas and suggestions that illustrate how this can be used. Put in your own so that you can design a new way for you.

### **What to Do:**

- Draw **three columns** on a piece of paper
- In the first column write down the **areas** of your life that you are having problems with
- In the second column write down the **problem**
- In the third write down **another way of looking at the problem** – a new perspective, any positives or lessening factors

(how it can be seen as less than how you see it at the moment), any lessons and if you get really stuck how the situation could be worse.

<b>Life Area</b>	<b>Problem</b>	<b>New Perspective</b>
<i>Mindset</i>	<i>My glass is half empty</i>	<i>I've got water to fill it up with</i>
<i>Health</i>	<i>Joining a gym is expensive</i>	<i>I will design my own workout at home</i>
<i>Financial</i>	<i>£60 parking ticket</i>	<i>Could have been £120</i>
<i>Love life</i>	<i>What love life</i>	<i>More time for my friends</i>

