

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy

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Monthly Series - June 2018

What’s “Your” Problem?



You may be asked “What’s your problem?” In that moment the person inquiring may be referring to your “attitude” not your obstacle which keeps you going in circles or going forward and backward/backwards and forward.

In the past I have discussed two types of thinkers:(1) the horizontal thinker and (2) the vertical thinker.

You as the horizontal thinker see only what is on the surface and base your actions or response on your immediate observations.

You as a vertical thinker see beyond what is in front of you. You see beneath the surface seeking to understand the emotions and actions you observe.

As you consider your problem (that obstacle;not attitude),it is important to realize that in order to overcome your problem and to grow you must go where you are celebrated (understood and appreciated)and not tolerated!

Being heard and understood will set the tone for creativity and problem-solving. Now you are making progress!

Your new position in a meaningful supportive relationship will lead you out of your present storm as you steadily move forward overcoming your obstacle.

Many success stories will remind you that is not what happens to you but your “reaction” to what happens to you that will determine your attitude and altitude in life!

In closing, keep in mind when asked “What’s your problem?” that your reaction will determine if it is your attitude or an obstacle which can be explained and understood.

I challenge you to clearly state that your problem is a temporary obstacle that will be overcome with understanding and a positive attitude taking you to the next level!

Have a great month of change. Jumpstart your brain; jumpstart your life!

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