



A Maze of Problems

**A Model for Getting Unstuck
and Finding Your Way to a Solution**



**SELF-STUDY
PROGRAM PREVIEW**

A Maze of Problems!

A Model for Getting Unstuck and Finding Your Way to a Solution

Self-Study Program Preview



What You Get in Your Ready2Go Coaching Package

Your Ready2Go coaching package includes:

- An editable cover for customizing and delivering your coaching program.
- Coaching modules with a combination of,
 - Teaching and activity set up,
 - Client exercises and handouts,
 - Debrief questions,
 - Follow-up plan which includes,
 - Homework and coaching sessions
- How to use your Ready2Go Coaching Package as a Free Offer to grow your list
- 5 Ways to use your Ready2Go Coaching Package to grow your list and make more money in your business.

Promotional Emails

(This is a sample of 1 of 4 emails that come with this package)

1st Email

Subject: <First name>, I can help you solve your problem.

We've all got problems to deal with. Some as simple as not being able to find a pair of matching socks; others a little more complicated like an unexpected car repair or losing a job.

For most of us, we can knock out the little stuff with ease. But those bigger problems, well...that's when it gets tricky.

We often avoid the big problems hoping they will go away. Or we hide from them so that we don't have to deal with that headache today.

But we both know that unresolved problems usually don't just disappear. Instead they have a way of piling up and getting bigger.

No matter what you're dealing with, one thing is for sure: You don't need your problems looming over you. That's why the best thing you can do for your happiness and sanity is to solve your challenges right away.

Fortunately, there are ways to simplify your problems so you can address them, manage them, and put actions into place to resolve them.

There are tools and strategies available that can help you sort through and handle your affairs with more grace and ease...and I want to share them with you in a new self-study program:

A Maze of Problems: A Model for Getting Unstuck and Finding Your Way to a Solution

[Click Here to Sign Up Now](#)

A Maze of Problems: A Model for Getting Unstuck and Finding Your Way to a Solution is a deep-dive exploration into some of history's best strategies for dissecting and understanding the full scope of the problems you face, and finding the best solutions that put your problems to rest, once and for all.

Here are just a few of the things you'll discover in this in-depth self-study course:

- The #1 *most important* step in any problem-solving process
- Common problem-solving traps...and how you can avoid them
- One proven method made specifically for creative high performers
- The 8 essential ingredients of any solid solution

A Maze of Problems! – A Model for Getting Unstuck and Finding Your Way to a Solution – Self-Study Program

- Two key traits every great problem solver uses daily
- A fail-proof 4-step process sure to give you clarity and dependable answers
- And much, much more...

Plus, I'll send you worksheets and step-by-step guides to help you follow along and make the most out of the program.

(This is a sample of 1 of 4 emails that come with this package)

Self-Study Program

(This is a sample of this 4 Module Self-Study Program)

A Maze of Problems!

A Model for Getting Unstuck and Finding Your Way to a Solution Self-Study Program

Write or Record:

Content

Module #1 – Introduction to Problem Solving

“Most of us deal with problems every day of our lives, whether at work or at home, and whether dealing with our own problems, or someone else’s.

But how effective are we at solving them?

Most people have never been properly equipped to deal with the numerous challenges, both big and small, that arise every day.

And so we find ourselves making decisions on instinct, and not thoroughly thinking through the problem or its root cause. Or we fall back on patterns or thought processes modeled by those in our family, community, school and workplace.

Without a process, our solutions may be ineffective, or we may get confused, overwhelmed and stuck. And then we choose to do nothing, which only makes matters worse.

It is probably safe to say that most of us don’t think of using a systematic approach to solving our problems.

But by using a problem solving process, you can address the challenges in your life quicker and easier by getting to the root cause, and developing a well thought out solution.”

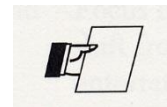
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“Welcome to the Self-Study Program on “A Maze of Problems – A Model for Getting Unstuck and Finding Your Way to a Solution.

Throughout this training you are going to explore several key concepts around effective problem solving in which you will:

Notes

Materials Needed: Pen or pencil, note paper.



Reference Sheet
– “The STEP
Problem Solving
Model”

- Explore a four-step problem solving model to help you clearly identify your problems and create solutions to solve them.
- Identify the two key traits of all good problem solvers.
- Uncover the root cause of any problem using one simple technique.
- Discover the eight ingredients of good decision-making.
- Recognize the importance of taking action and use a creative tool to formulate a sure-fire plan for implementing the solution to your problem.

There is no need to toil over your problems any longer when a few simple practices will help you feel more equipped than ever to handle the whatever life throws your way.

It starts first by approaching your problems with a little organization.

So let's start today's training by getting organized.”

* * * * *

Do you have a junk drawer or closet in your home? Some people have more than one. Some people have junk rooms! What is it for you?

Think for a moment:

- Why do people have junk drawers or closets?
- Why are they difficult to eliminate?

Imagine that you have been asked to organize your junk drawer or closet.

- How would you go about tackling this task?
- What system, process, or steps would you use?
 - Would you empty the drawer to get a good look at what you've got?
 - Would you identify all the unnecessary items taking up space and throw away what you don't need?
 - Would you sort items by creating categories for them?

- Or organize the items by adding dividers?

Not only do we have junk drawers and closets, but we also have junk in our minds, especially when it comes to problem solving.

Our problems often feel like junk drawers - cluttered, unorganized, unnecessary, and something that doesn't go away. And often gets even bigger! And because of this, we don't feel like tackling them; instead we just shut them away and keep the mess out of sight.

If you have been experiencing a maze of problems and don't know how to get out, using a problem solving process – like the steps you just thought about for organizing your junk drawer – can allow you to see problems and your solutions more clearly.

* * * * *

Take out the “STEP Problem Solving Model” Reference Sheet.

In this program you are going to learn a problem solving process called the STEP Problem Solving Model.

You will explore each step in this model as you move through the training. With each step, you will also work with a problem solving technique to help you perform that step. So keep this reference sheet handy as you will refer to it often throughout this training.

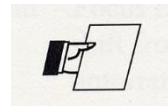
Before you dive into the STEP Model, let's briefly explore two critical skills people naturally use when solving problems.

* * * * *

“Many people say problem solving requires the use of critical thinking skills. Others say problem solving relies on intuition. Both are true.

Critical thinking is characterized by careful analysis and judgment. Simply put – it is based on logic.

Intuition is characterized as an inner voice or inner knowing. Simply put – it relies on a hunch or gut feeling.



Reference Sheet
– “The STEP
Problem Solving
Model”

In reality, it is difficult to use only one or the other when addressing our problems.

These experts explain it best.

- Robert Heller says,
“Never ignore a gut feeling, but never believe that is enough.”
- And Dr. Jonas Salk says,
“The intuitive mind tells the logical mind where to look next.”

The point is that since both critical thinking and intuition skills play off one another, it is important to consider both when solving your problems.

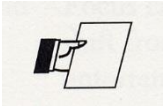
Now it’s time to dig into the STEP problem Solving Model.

These steps will provide you with a way of moving through your problems toward solutions that you can act upon.

As you go through the STEP model, it will help for you to have a problem in mind that you can apply to these steps.

Take a moment now to identify a problem you are facing. To get the most from your initial exposure to the STEP Model during this course, do not choose a large, complicated problem. Instead, choose a manageable problem so that you can benefit from learning this process. Then you can apply it to all of your problems going forward.

Okay, with a problem in mind, let’s jump in.”

Time	Content	Notes
	<p>[Participant Activity]</p> <p>Take out Worksheet #1 – “The Four Key Steps to the Problem Solving Process.”</p> <p>Read <Listen to> this short lecture on “STEP Into a Solution”, and take notes on the worksheet provided.</p> <p><i>(You can use audio recording provided, record this presentation in your own voice, or have your clients read it in the module.)</i></p> <p>When you have reviewed the content, return to this module.</p> <p style="text-align: center;">‘STEP Into a Solution’</p> <p>“Problem solving is the act of defining a problem, identifying possible solutions, choosing the best option, and implementing a solution.</p> <p>Just like a map helps to get you from point A to point B, and ultimately to your destination, a step-by-step problem solving method helps you move from problem to solution in an efficient manner.</p> <p>The STEP Problem Solving Model will help you shift your thinking from problem, to decision, to planning, to action.</p> <p>While the steps in this model may seem obvious, their goal is to give you a framework that you can use to more easily solve your problems whenever they arise.</p> <p>Here is the model:</p> <p>1. ‘S’ stands for – State the problem</p> <p>If you are unclear as to what needs to be solved, then you are probably not going to get the best result.</p>	 <p>Handout – Worksheet #1 – “The Four Key Steps to the Problem Solving Process”</p>

Time**Content****Notes**

In order to understand a problem, you must first know its root cause. This sounds simple enough, but often we jump too quickly and solve a problem's symptoms rather than find what's at the core.

You need to spend the time upfront defining the problem and understanding its root cause.

2. 'T' stands for – Think of possible solutions

Once you understand the problem and its root cause, it is time to brainstorm possible ways to solve it.

Here's where your critical thinking skills can help. For every option you can think of, determine its advantages and risks.

Come up with numerous solutions.

3. 'E' stands for – Edit down to one

With your list of possible solutions, carefully weigh each one and decide which is best. The best solution may not necessarily be the one with the most advantages and the least risks.

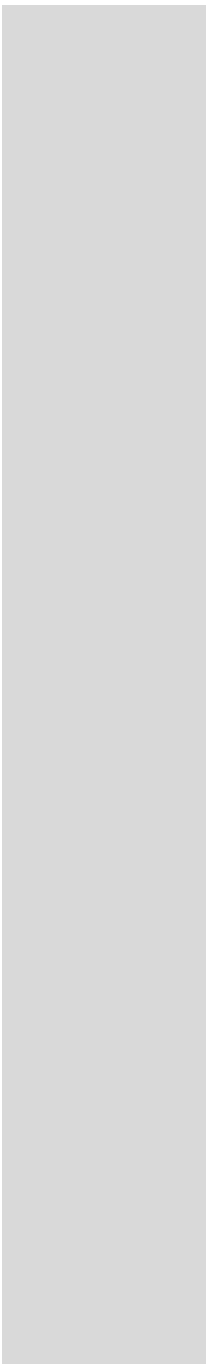
Here's where your intuitive skills can play an important role in helping you decide. Think about what matters most to you and which solution feels right.

Does a given solution make you feel more comfortable, relaxed, engaged, or safe? Or does the solution cause you to feel more tense and stressed? Think about which solution motivates you to act.

4. 'P' stands for – Plan and act

When you have a plan and act on it, you can remedy your problem. Good solutions are only good if they are implemented. Without

Time	Content	Notes
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purposeful follow-through, you won't be able to solve your problem.

Implementation also means you have a timeline for taking action, can modify along the way, and can track whether or not your solution is successful.”

End of Presentation

“Using a problem-solving model is important because it enables you to feel more organized and in control of the problem you are facing.

Let's take a closer look at each of the four steps in the model to better understand how to successfully implement them.”

* * * * *

[Participant Activity]

Step #1 – State the Problem

“Successful problem solving begins with first defining it. You can't effectively work toward solving something if you don't know what that *something* is.

So it's important to take the time to develop a true understanding of your problem instead of instinctively reacting to it. You need to know whether you are addressing the actual problem or a symptom of it.

An effective tool to help you look beyond the symptoms and get to a problem's root cause is called 'The Five Whys.'

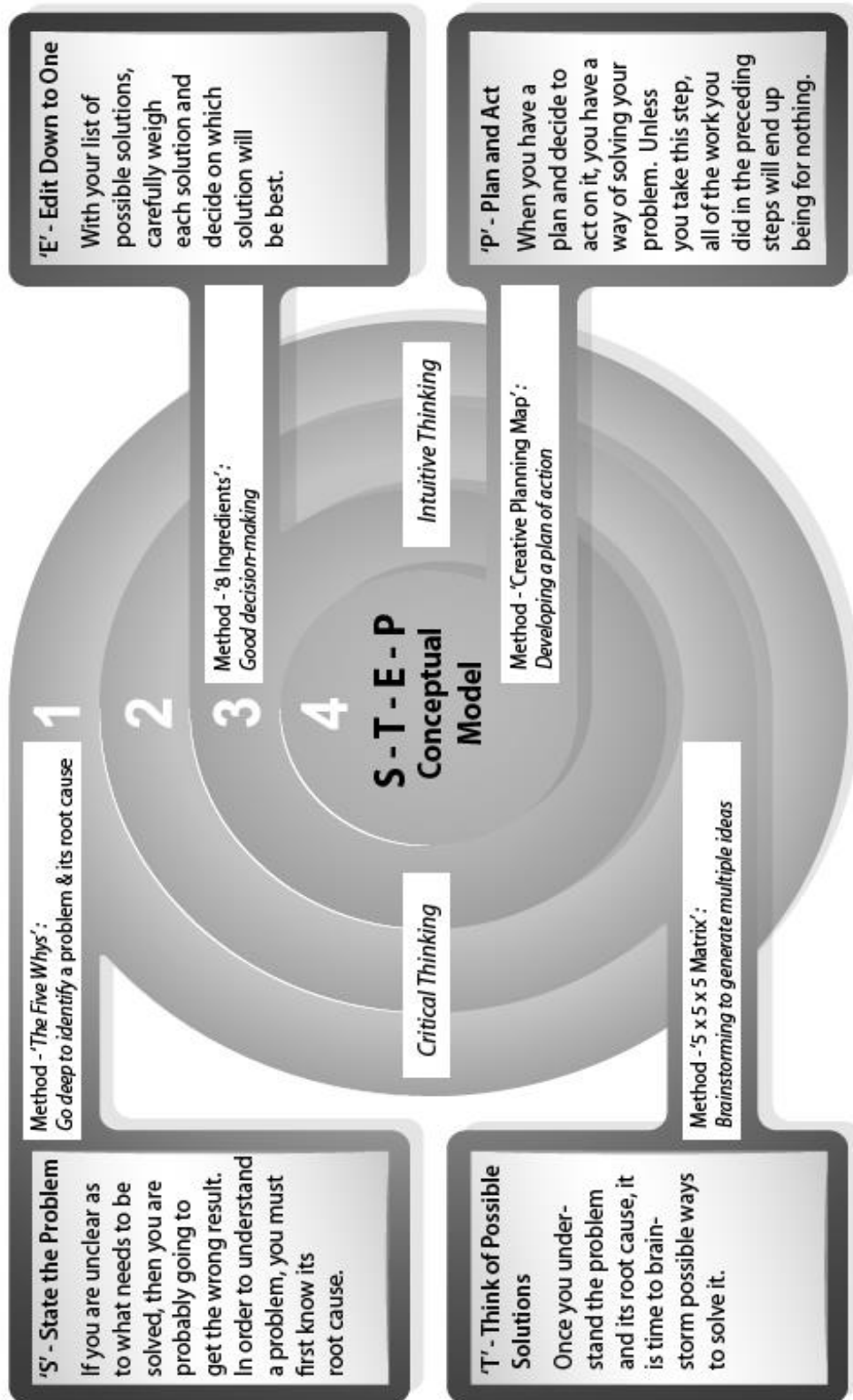
Let's explore that now.”

(This is a sample of this 4 Module Self-Study Program)

Activity Sheets

“The STEP Problem Solving Model” Reference Sheet

A systematic process for problem solving



Worksheet # 1

“The Four Key Steps to the Problem Solving Process”

