

# Solutions to challenges come easily to me

## **Solutions to challenges come easily to me.**

I can find solutions to life's challenges with great ease. Challenges are an opportunity to test myself and to enhance my understanding of the world and myself. Solving challenges is like solving a puzzle. I enjoy puzzles.

I avoid viewing challenges as "problems."

**When faced with a challenge, my mind automatically searches for solutions.** The solutions I find are simple and practical. My natural ability to find solutions is becoming stronger over time.

When I struggle to find a solution, I remain calm and peaceful.

I remind myself that I am capable of finding a solution to any challenge life has to offer. **I remain playful and remember that I am playing the game of life.** Games are fun and winnable.

Solutions to challenges come easily to me. My brain is always searching for elegant solutions.

**I like to recall the many times I have successfully found solutions to seemingly insurmountable challenges.** This energizes me and fills me with enthusiasm and confidence.

Today, I am committing my focus to finding solutions. I am avoiding negative emotions and giving my attention to enhancing my life. I am confident and relaxed in spite of the challenges I am facing. I find solutions easily and quickly.

## **Self-Reflection Questions:**

1. What are the challenges I am currently facing? What are a few new solutions I could consider?
2. What is the biggest obstacle I have overcome in the past? What did I do to be successful?
3. What happens when I focus too much energy on the challenge itself instead of focusing on solutions?