

# Face My Problem

This Tool is valuable in gaining another helpful **perspective** on an issue which is draining your **energy**. So image your 'normal' self in conversation with TWO wise friends.

Be in a comfortable place of your choosing, or the very place where this problem presents. Whichever, turn away from the problem and begin to objectively describe the shape and size of the problem referring to yourself and other implicated people in the third person as if you were a newspaper reporter.

- ✦ Get the one wise friend to ask you some hard and penetrating **rational questions** about how to resolve this problem, allowing them to dig deep.
- ✦ Get the other wise friend to ask you some hard and penetrating **emotional and relational questions** about how to resolve this problem, also allowing them to dig deep.
- ✦ There is something like a **cross-examination** happening which allows you to get clarity on how best to resolve the problem.

For example, "So the supervisor is asking the receptionist to empty the staff room bins and wipe the bench when she has a minute, and the receptionist appears angry that she has to do this whilst the usual person is on holidays?" ... So this is outrageously unreasonable and totally unmanageable?

You might allow or invite questions about values, beliefs, role, status, seniority, teamwork, expectation, job descriptions, life purpose, honour, etc. Why not add some more question topics for your discussion with your two wise friends?

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You might also like to jot down what highlights you will transfer to your Forum. (Or your fridge magnet 😊)

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## Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. If not a member, join as a Guest to post on the public Forum.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:
  - I** = Issues I am facing
  - M** = My to do list right now
  - P** = Plans to implement in the next one to three months
  - A** = Attitudes right now; what I am feeling
  - C** = Clarity needed on some issues
  - T** = Thankfulness to those who have helped me to becoming a better person
- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

*...on track with work-life balance in 90 days*