

make the leap from the raw feeling of experiencing to the potentially more beneficial one of noticing how you feel.

3. Recognize that a problem comes with a solution

Charles F. Kettering, a co-founder of the Sloan-Kettering Institute, was a brilliant inventor in the last century, akin to Thomas Edison, although Kettering is barely known today. He perfected the diesel engine, chrome plating procedures, automobile ignition systems, and dozens of other innovations that transformed the automobile industry in the 1920s and 1930s.

Kettering's approach to problem-solving was unsurpassed. He believed that the major distinction between a problem and a solution was that people more readily understood a solution. He noted that solutions involved merely a change in perception, since the solution to the problem must have existed all along, within the problem itself. A problem solver's job was not to master a problem, but to make the problem generate its solution.

When it comes to problems that you experience, perhaps even long-standing problems, a solution exists. And, as with Kettering's insight, the solution has existed all along in tandem with the problem itself. You can explore the problem's key questions, and the answers invariably generate the solutions that you are seeking. 🔥