

ACTION PLAN

ADVICE FROM JEFF DAVIDSON, AT YOUR
BEST ADVISOR AND AUTHOR OF
BREATHING SPACE

Problems: Your Best Friend

Robert Fritz, author of *The Path of Least Resistance*, has an innovative concept for gaining breakthrough solutions in the face of recurring problems. Fritz suggests that you sincerely embrace each problem you have as a "best friend."

◆ Problems, Fritz observes, are dynamic, creative events. Avoiding or attempting to avoid them is not only impossible, but also drains you of power and energy.

◆ Regarding your problems as best friends, on the other hand, enables you to benefit from what Fritz calls *the law of reversal*—using the negative energy surrounding the problem to propel you toward a solution.

◆ Since we helped initiate most of our problems, says Fritz, our best choice is usually to cooperate with the forces at play, not resist them. The bigger the problem, the greater your creative potential.

◆ Your problem is your best friend because it brings out your best. The key is to keep asking yourself, "What is the problem forcing me to learn to do? Is it forcing me to trust myself more, to ask for the help of others, to risk more, to make some essential change in my life that will lead to greater fulfillment?"

◆ When you view a problem as beneficial, it starts to lose its negative power to paralyze. So, when you confront a problem, or you're in conflict, don't regard it as a setback. Look at it, instead, as a stepping stone to opportunity.

My three, current, "best friends":

1. _____
2. _____
3. _____

At Your BEST

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