

## TRAINING 3

ARE YOU SOLVING  
THE RIGHT PROBLEM?

BY MEL ROBBINS



ASK YOURSELF:  
WHAT DO YOU  
WANT?

BECOME AN



OUTCOME/SOLUTION  
THINKER

SPEND YOUR  
TIME & ENERGY  
SOLVING THE PROBLEM  
THAT'S CAUSING YOU  
ANXST FIRST!

HOW DO I...?



SOLVE THE RIGHT PROBLEM FIRST

WE OFTEN GET VERY  
AGITATED ABOUT THINGS &  
GET BUSY TRYING TO FIX  
ALL THE SH\*T AROUND US



→ BUT WE'RE NOT ACTUALLY  
HAVING A CONVERSATION  
ABOUT THE THING THAT'S  
BOTHERING US

→ WE'RE NOT SOLVING  
THE RIGHT PROBLEM

→ INVENT A FICTIONAL LOCATION  
THAT'S SOMEWHERE FAR AWAY FROM  
WHERE YOU'RE STUCK,  
THEN

COME UP WITH WAYS TO GET THERE



COMING UP WITH OPTIONS WILL  
RELIEVE YOU FROM ANXIETY  
TO SOLVE THE PROBLEM

→ THERE IS NEVER  
ONLY ONE  
SOLUTION TO SOLVE  
A PROBLEM

IT'S SO EASY TO  
GET STUCK & NOT SEE  
THE BIGGER PICTURE

WHAT TO DO?

→ DO BRAINDUMPS  
→ START ASKING FOR HELP