



## #6: Solving Problems Thru Your Strengths

***Question: What is a problem you're trying to solve?***

Your strengths describe how you naturally solve problems.

A critical part of problem solving is being clear on what the real problem is. Often, we focus on problems that aren't the real problem.

Jumpstarting the problem-solving process feels good because we think we're getting closer to a solution, we feel we're relieving the pain, and we can show progress to others. But what if we slowed down and asked, "What's the real problem here?"

***Question: What's the real problem here?***

After getting clarity on the real problem, you can decide how to solve it. Using your strengths is a way to get to a solution using what comes naturally to you.

Different Strengths themes help you to solve problems in different ways. Run the problem by your themes and decide what works best. For example, *Learner* may help you to research more about the problem. *Self Assurance* may provide grit even if no one else sees the problem.

Different Strengths themes can also get in the way of problem solving. Be aware of how your themes may interfere. For example, *Achiever* may spring you into action too early. *Positivity* may blind you to the seriousness of the problem.

***Question: How could your Strengths theme/s help or hinder solving your real problem?***