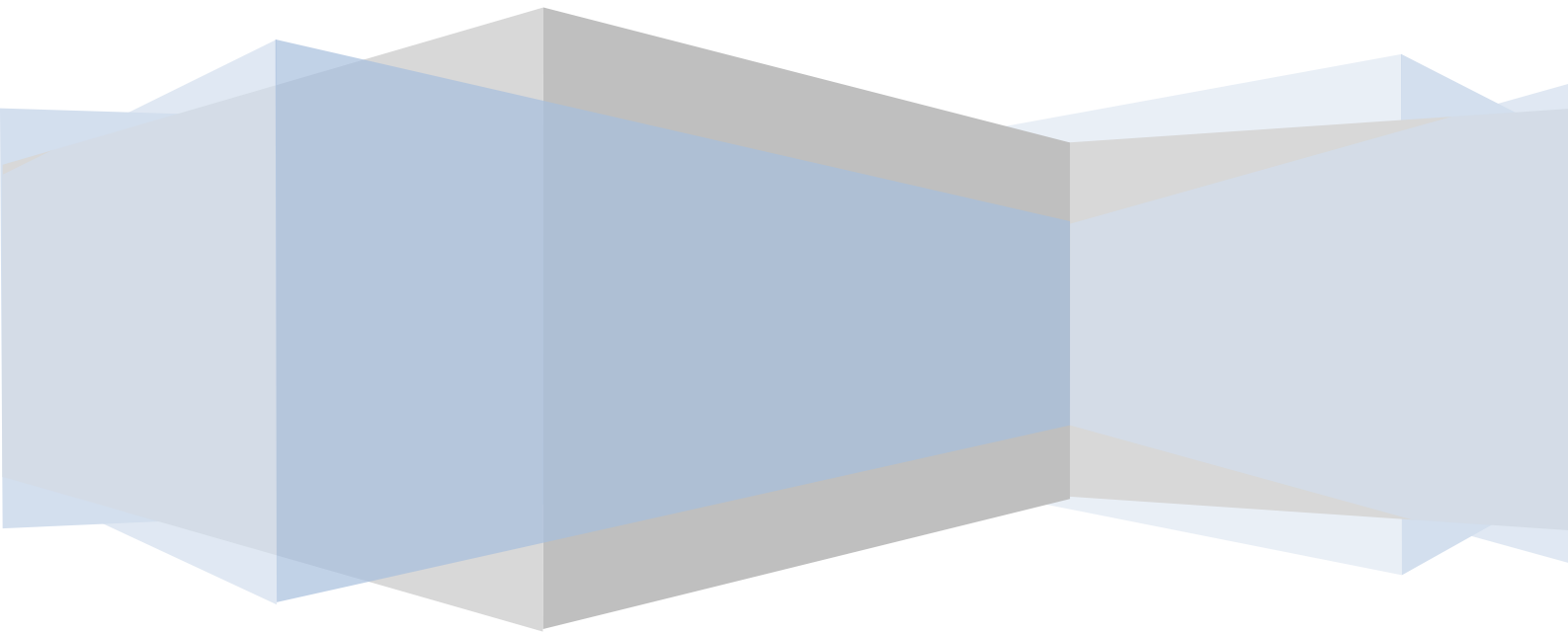


The Inner Coach

The Opportunity Of Challenging Problems



Keith Collins

An Opportunity is a present & a gift.

The opportunity of life is a gift that is presented in every present moment.

I can perceive what is being presented as a problem, as a lesson or as an opportunity.

When a problem presents itself, I have missed the opportunity to learn a lesson.

When I am presented with a lesson there is no problem, just an opportunity to learn & grow.

When I see the opportunity there is no lesson and there is no problem, I just take the opportunity with gratitude.

Opportunities are empowered.

Lessons are perceived to be a challenge.

Problems are caused by a lack of emotional energy due to a limited perspective of whatever is occurring.

A Lesson is always a new perspective of life.

It is learning to see life from a better perspective.

Learning lessons is developmental.

Solving problems is not.

Learning lessons is expansive.

Solving problems is contracting.

Seeing the lessons that life is presenting is always better than seeing the problems of which I am an apparent victim.

Learning a lesson allows a problem to no longer appear.

Changing my perspective allows me to see a problem as a lesson.

Problems only ever appear to be a problem.

When I see the lesson, it is a challenge not a problem.

The only opportunity that a challenge presents is the opportunity to learn the lesson.

A **Problem** is a toleration that needs a solution.

With a solution, I can tolerate a problem.

Without a solution, a problem becomes intolerable.

A toleration drains emotional energy, which is always a problem.

A solution stops the energy drain but doesn't find the cause.

A solution solves the symptoms of a problem.

The symptom of every problem is an emotional energy drain.

When the energy drain recurs, so does the problem.

Problems are the effect of a limiting belief or fear that causes discomfort or pain.

I will have to tolerate any problem & its solution until I no longer see it as a problem.

The only opportunity that a problem presents is to not see it as a problem.

Becoming problem-free allows me to learn the lessons that are challenging me.

When the challenges are met and the lessons are learned, there are boundless opportunities to experience an ideal life of personal choice.

Keith Collins

The Inner Coach

June 2014

theinnercoach@me.com

<http://www.theinnercoach.eu>