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THE PROBLEM-SOLVING MINDSET

1 Problems are there to be solved

- For every problem solved, there is **someone who first believed that it could be solved**
- **Optimistic problem-solving mindset** vs. victim mindset - link between optimism and problem-solving ability
- **Taking control** instead of blaming others/the circumstances
- Acknowledge the existence of challenges, but do not see them as unsurmountable obstacles

2 Believe in your abilities

- **Fixed mindset**: "I am just not made for this", "I will never be able to solve such problems"
- **Growth mindset**: Being confident that you will be able to develop the skills that can help you to solve the problem
- Seeing failure as a **learning opportunity**
- **Learning orientation**: The internal drive to develop and seek challenges that provide a learning opportunity

3 Focus on what you can influence

- **Know where you can change things** and where you can't
- Do not spend energy on what is **outside of your control**
- **Focus** on where you can make a difference
- **Importance** (Covey's "Circle of Concern") and **control** ("Circle of Influence")
- Focus on **inputs** (your own attitudes and actions)
- **Mastery orientation** vs. **performance orientation**

4 Use the power of your unconscious mind

- The power of **daydreaming** / mind wandering
- The unconscious mind is a 'star' in **pattern detection**
- **Incubation period** - time spent away from the problem - can improve the creative problem-solving process

5 Rally your support team

- Solve problems with the **help of others**
- Share your problem to get **new insights, new perspectives, new ideas**
- Who knows the most about this problem?
- Who has already successfully solved a similar problem?

6 Beware of common problem-solving errors

- Avoid **solving the wrong problem** (problem construction ability)
- Avoid being too attached to pet ideas (**confirmation bias**)
- Avoid misjudging other people (**fundamental attribution error**)