



## Problem, Challenge, or Opportunity?

Today I heard some people having a heated discussion about whether it was better to refer to a situation as a "problem" or an "opportunity".

What a waste of time.

The REAL issue isn't the terminology - it is the fact that, typically, all they do is talk. That's a common situation that most people/businesses are in today. Here are some practical distinctions I make that I've been told by clients is helpful:

Definition of "Problem" = Anything that is unacceptable to you. The degree of your problem is the degree of unacceptableness. REALLY unacceptable = BIG problem.

Definition of "Challenge" = A problem that you are willing to face/fix.

Both "Problems" and "Challenges" are "Opportunities". The truth is: We have almost unlimited opportunities each and every day. You can choose to have one less soda a day and lose about 15 pounds a year. You can choose to wake up 30 minutes earlier each day and invest that time strategically considering your future. You can choose to take the 5 minutes immediately after reading this blog to call a friend or family member and tell them how much you care about them or to ask forgiveness/forgive them to enhance your relationship.

Every day. Every hour. Every minute is an opportunity.

The question is: "Will you take action"?

Merely talking about definitions of words and other concepts without acting on that discussion to add some kind of value is a complete waste of energy. Calling something a "problem" isn't what creates negativity/defeat. *Failing to do anything constructive about the problem* is what *keeps* it a problem - and retains the negative consequences.

Solution? *Commit* to do more than talk about what needs to improve. Take *action* to achieve something of substance that means something at the end of the day.

Just a suggestion...you could start with that phone call...