



My Possible Solutions are Endless Tool

Sometime when we are faced with a problem, we have trouble imagining possible solutions. Or what often happens is that we only see one possible way out of the problem, but for one reason or another do not think our imagined solution is possible. Even though it may seem like a solution to our problems does not exist, or is too difficult to achieve, the reality is that we have an infinite number of solutions available to us at any given time. All we have to do is use our imaginations!

This exercise is designed to help you start thinking about the infinite solutions that exist for every problem. Read the possible scenarios below. Come up with 10-15 possible solutions for each problem and write them down. The more creative the solution the better!

Scenario #1: You are trapped in your bathroom and there is a lion right outside the door.

- | | |
|--------------|---------------|
| Solution #1: | Solution #2: |
| Solution #3: | Solution #4: |
| Solution #5: | Solution #6: |
| Solution #7: | Solution #8: |
| Solution #9: | Solution #10: |

Scenario #2: You have just finished eating dinner at a restaurant and realize you forgot your wallet.

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|--------------|---------------|
| Solution #1: | Solution #2: |
| Solution #3: | Solution #4: |
| Solution #5: | Solution #6: |
| Solution #7: | Solution #8: |
| Solution #9: | Solution #10: |



Scenario #3: You arrived at your friend's party, but because no one told you it was a costume party and you are not dressed up.

Solution #1:

Solution #2:

Solution #3:

Solution #4:

Solution #5:

Solution #6:

Solution #7:

Solution #8:

Solution #9:

Solution #10:

Now write down 3 problems you are facing in your life. Write them in the list below. Once you have identified 3 problems, come up with 5 possible solutions for each. Remember to be creative!

Problem #1: _____

Solution #1:

Solution #2:

Solution #3:

Solution #4:

Solution #5:

Problem #2: _____

Solution #1:

Solution #2:

Solution #3:

Solution #4:

Solution #5:

Problem #3: _____

Solution #1:

Solution #2:

Solution #3:

Solution #4:

Solution #5: