



**Cultivating Change, LLC Renée Canali, Life Coach Vol.2, Issue 4 April 2005**  
**How to Move Bricks**

Throughout our lives we experience times when we feel as if we are against a brick wall. Sometimes we face it-as an obstacle. Sometimes we are backed into it, seemingly trapped with nowhere to go. Either way, the question is the same: Now what do I do?

How you proceed depends on how you define the problem. If you define it incorrectly, you will find yourself going in the wrong direction and wondering why you are not getting the results you want.

Take, for example, a starving young professional who just finished 6 years of higher education, has \$200K in student loans and hasn't found a job in his field. He posts his resume on the Internet, takes a commission sales position to pay the bills and gets on with the process of living. Six months later, he is frustrated because he hasn't gotten any good response to his resume and he is not making his sales quotas. He is spending time trying to cut expenses, get a cheaper apartment and looking for a new job with a salary to give him the security of a constant paycheck.

He defines the problem as a slow economy and a tight job market. So, he settles for having to tighten his belt a little and resigns himself to taking a job to help pay bills until something opens up.

A year later, he is facing the brick wall. He can't get around it-the job market hasn't changed. He can't go through it, but he tries to chip away at the edges. He takes jobs that are remotely related to his field to get his foot in the door. He can't climb over it, so he decides to go back to get another degree.

Whichever action he chooses, he still faces the wall. He has defined the problem as something out of his control, preventing him from finding a solution. If he decides to believe the problem is that things are not going his way, his back is against the wall.

So, what is the solution? Redefine the problem and rearrange the bricks.

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## GARDENER'S ACTION PLAN FOR APRIL 2005 ©

*Renée Canali, Life Coach*

How do you go about redefining the problem that has you up against the brick wall in the garden of life?

Scott L. Taylor, author of The Opportunity in Every Problem, suggests using a system he calls Resource Masterminding. This system pairs resources with inspiration and involves four steps:

1. Discover the real problem. If you decide to view your situation as a “problem”, the only solution is to engage your thinking in a direction that focuses on the hardships your situation is causing, which results in trying to maintain the situation and not resolve it. To begin rearranging the garden wall, you need to see the problem as a solution: a solution that can evolve into an opportunity.
2. Discover what resources could be available to resolve the problem. Viewing the daunting task of finding employment in your field in a tight job market, you may resolve to take jobs that are on the very fringes of the field. This is walking away from the problem. If you look at this as an opportunity and research obscure jobs, network with people in your field, volunteer in your industry, you would discover available resources.
3. Condense and use the best resources on your list. Even though you could call forth your energy and sift through dozens of trade publications, you need to determine if this activity will be the best use of your time and energy. What if you joined a trade group? Volunteered in the industry?
4. Synergy- Being able to combine your resources to generate the synergy needed to create the opportunity. Finding ways to help someone grow their business or improve their job standing may afford you the mentoring that will short circuit the learning curve and move you to the head of the line.

The next time you decide to find the opportunity in your situation and move some bricks, consider these resources to help you create the synergy necessary for success:

- Workshops developed around common problem areas, such as balancing work and home.
- Group coaching: working with small groups to learn to define and select resources to reach a common goal
- Teleclasses: weekly teleconference calls to discover resources and select which ones to apply.
- Individual coaching: For individualized guidance and support in defining opportunity and creating synergy to move beyond the wall.

**If you are interested in exploring one of these coaching options, you may request a 30-minute complimentary coaching session by sending an email to [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call 866-337-2728. All rights reserved. May be reproduced with copyright statement and credits intact.**