

7 STEPS TO A PROBLEM-FREE ZONE

With LifeSpider Systems ISOLATE method

Transfer to a problem-free zone

I asked my **P**ossibility **E**xplorers what they saw as the biggest **o**bstacle standing in the way of them living the life they want to live. **A**nswers **i**ncluded money, motivation, energy, time, and not knowing what they want, to mention a few. Most of the answers were big and generalized. When we look at problems **a**s **'**too big' or **'**overwhelming' we are stopping ourselves from solving them. In this **P**DF, I want to introduce you to a method that will help you get more specific and help you see the problems differently.

I'm excited to share this model with you and take you to a problem-free zone. When I first tried it, it made a massive difference in my life, and it's now a big part of how I operate as a Possibility Explorer. The method is from the founder of LifeSpider System, Birgitta Granström, and a part of the Self Coaching program. It's called **t**he ISOLATE **m**ethod.

"Successful people are not people without problems. They are people who have learned to solve problems."

The ISOLATE method

- How you can take yourself to a problem-free zone.

To successfully get rid of your **o**bstacles and achieve what you want, you need to learn how to solve your everyday problems. The meaning of your life is to focus on getting the best out of yourself and utilizing your potential, but sometimes you need to take care of your foundation, your 'support legs', if we talk **i**n LifeSpider System terms.

If your 'support legs' are too weak, it will be challenging to get your other building blocks into the LifeSpider (purpose, passions, projects). In order not to spend too much time and energy on solving everyday problems, you can 'educate' yourself to effectively take care of them, and one **s**uch way is the ISOLATE method.

The primary purpose of using the ISOLATE Method is to train you to appreciate your problems.

Why should you appreciate problems?

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Problems are fantastic since most of them can be solved. You can influence them and do something about them, unlike what has already happened or will happen in the future. A problem is a situation that you, through creativity, can change.

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When you succeed, it's easy to think positively. It's when the problems arise that you need to be prepared on how to handle them. You can decide if you are going to let the problems grow up over your head or if you will take control over them. It is your choice if you want to concentrate on the light outside the tunnel or the darkness inside.

The thought process in the ISOLATE method gives you the steps you need to handle a problem. When you have practised the model, it will be your reflex to transform problems into situations that you can solve. You find solutions that save you from going around ruminating and feeling bad.

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The ISOLATE method helps you through changes so you can avoid confusion, frustration, and fears.

The ISOLATE method helps you see a situation clearly so that you find fast solutions that will transfer you from hard problems to more happiness-filled experiences.

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The ISOLATE method helps you to live in a problem-free zone.

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Become a Possibility Explorer

The ISOLATE method has made me into a Possibility Explorer. Some people can even become a bit irritated that I always focus on the possibility of every problem. I often get questioned how I can see the possibility in everything I meet. This model is the answer.

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I'm now in a problem-free zone. It doesn't mean that I never experience situations that others define as setbacks and problems. The difference is just that I see everything as a situation I can solve, on my own or with the help of others. I think life is too valuable to spend time on worries or to dwell on problems.

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Birgitta Granström, the founder of LifeSpider System, has used this model for more than 30 years to have control over her thoughts. She is not only a master in solving problems, she even appreciates problems as a door opener to new possibilities. After I was introduced to this method in the Self Coaching Program, I see it the same way. Now I wish that you also stop allowing problems to take up to much space in your life.

I want you to have a tool so you can start taking control of your thoughts and experience a problem-free zone.

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It is important that you decide to become a skilled problem solver and to be prepared to work on programming this method in you.

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“Worry does not empty tomorrow of its sorrow. It empties today of its strength.”

- Corrie Ten Boom

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“If you look into your own heart, and you find nothing wrong there, what is there to worry about? What is there to fear?”

- Confucius

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Reprogramming your thoughts

In the beginning, you need to follow every step of the model. You need to create some peace to think, talk out loud, or preferably write down your thoughts. The more you repeat and use this model for things you want to solve, the faster it will be programmed in you.

Once the model is integrated with you, you will also be in a problem-free zone. When you work with this model, I guarantee you that your life will be much less painful and the setbacks you experience will not thrive.

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“Worry is interest paid on trouble before it comes due.”

- William Ralph Inge

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ISOLATE gives you passionate experiences

No matter what you do, your experiences go inward and affect your way of thinking and feeling. The quality of your life depends on whether you choose to consider obstacles that emerge as insurmountable problems, or as challenges that you can handle to move forward. Seeing the opportunity means that you begin to think about what positive consequences a change can have. When you see opportunities, life becomes easier, more fun and more effective.

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This model will help you gain more positive experience and happiness for the rest of your life.

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The thought model ISOLATE method is the model you use to identify problems and find out how it is practicably possible to solve them. It is a method you can program to become a reflex that means you automatically solve your problems. That means you don't have to worry. You release your thoughts so that you come into contact with your intentions and life projects. This method also helps you to stop exaggerating your problems and making them bigger than they really are.

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The method helps you become aware of negative thoughts, and you learn to perceive signals that indicate a problem is coming. When you begin to feel that you have control over your problems, you become calmer, and your way of addressing your problems becomes constructive. The model helps you focus on finding solutions so that you get rid of the

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problem instead of dwelling on it. When you are without problems, you are even more receptive to development and success.

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Sometimes you can and should shovel them under the carpet, and not look at them until you have the time, desire, and energy to handle them, using the ISOLATE Method - if they have, not already disappeared by themselves.

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Just because you become skilled at dealing with problems, it will not immediately mean that all difficulties will disappear and that disappointments, failures and unpleasantness will be absent. Training yourself to solve problems quickly means you don't have to dig down and dwell on things. Eventually, you will become so skilled at solving problems that you end up in a problem-free zone. And from a problem-free zone, you get to the building blocks of your Life Spider faster.

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One good side effect of handling problems effectively is that there will be positive aspects on your surroundings. And the more 'happy people' there are, the better this world is to live in.

"No problem can be solved until it is reduced to some simple form. The changing of a vague difficulty into a specific, concrete form is a very essential element in thinking."
- J.P. Morgan

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ISOLATE METHOD

-Self coaching in 7 steps

Identify

Specify

Original cause

Look for a solution

Analyze the effect

Take Action

Elevate Success

Step 1: Identify

Write down what you want to fix.

What is your problem?

Briefly describe your problem.

I am annoyed that my partner never takes the garbage out as we have agreed on.

Tip! When you practice the ISOLATE Method, I recommend you stay and solve 'garbage bag problems' until you handle the process itself. Then you are ready to sort out and simplify what can be experienced as a complex and difficult problem such as disappointment.

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Step 2: Specify

What is really the problem?

What elements are facts and what are feelings?

Fact: *I am irritated because the garbage smells bad in the kitchen and it is in my way. It can even be a health hazard.*

Feeling: *I think my partner is lazy. I am disappointed that my partner does not keep to the agreement. I'm angry that my partner is not doing what I say.*

Here, the problem can start to grow and move on to other tracks where you find you have problems. When that happens, write down the things, thoughts and feelings that appear on a 'tolerance list'. This is a list where you write down all the things you are disturbed by and want to get rid of in life. The purpose here is that you choose one problem that you should solve, not 10 at the same time. Different problems have different solutions. It is only when you have decided which problem to actually solve that you can move on to the next step.

It is not really the garbage that is the problem but the real problem is that I am disappointed that they do not keep to our agreement.

Now you can choose whether you want to continue to get a solution to the garbage in the kitchen or if you want a solution to the disappointment.

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Step 3: Original cause

Clarify what the original cause of the problem is.
What is the real reason for the problem?

What is the reason why my partner does not take the garbage out? Is it because they forgot? Do they think I should take the garbage out instead? Do I think my partner is consciously on the war path and wants to annoy me? I wonder if my partner has stopped caring about what I want? Does my partner not appreciate me?

No, the reason is probably because they simply forget to take the garbage out.

If new problems arise when looking for the cause, do not confuse them with the problem you have defined. Everything else that pops up you should write down on your 'tolerance list' to manage later. Now you should focus on just solving one problem.

Step 4: Look for a solution

What can I do about it?

What possible ways do I have to get rid of the problem?

What alternative solutions exist?

I can remind my partner again that they should take out the garbage. I can take out the garbage myself. I can stop being annoyed about the garbage and accept that it hasn't been taken out.

You can choose a solution now or you can wait until you have done the analysis of the effects each solution has.

I'll talk to my partner again about the garbage and I'll make a plan for how to do it another way next time.

"Our greatest weakness lies in giving up. The most certain way to succeed is to try just one more time."

- Tomas A. Edison

Step 5: Analyze the effect

Take every possible solution or one that you know / think would work best for you. Then ask yourself questions starting with: If I use this solution...

...What is the worst thing that can happen if I do something about it?

...What is the worst result?

...What is the best thing that can happen if I do something about it?

...What is a perfect result?

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Once you have defined the worst and best results, ask yourself whether, despite the risk, it is worth testing your solution to get rid of the problem.

You decide to test the solution to remind your partner in a different way that you have prepared.

The worst that can happen is that my partner still does not take the garbage out. The situation remains as it has been in the past. The best result is that my partner takes the garbage out and I never have to remind him again and the problem is gone. I take the risk to ask again as it can't be any worse than it already is.

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Step 6: Take action

Decide when to implement the solution to your problem.

I'll implement a solution to the problem on _____ (write date).

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Of course, just defining the problem and figuring out a good solution is not enough. The solution must also be implemented. Here we are often affected by some kind of paralysis, and think that if we just wait long enough, the problem will disappear by itself. Which it sometimes does physically, but rarely without the expense of something else, e.g. an annoyed colleague, a new enemy, a bad conscience, or things that don't work. Another stone in our already heavy backpack.

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Therefore, always ask the question once you have a solution to your problem: "Is there anything that will be better if I wait?"

If the answer to the question is "No", do what you have to - immediately.

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If the answer is "Yes, it will be better if I wait", and it can not be attributed to the category of excuses, set an exact date or time for when you are going to carry out the action. What happens when you define the time is that the problem disappears. You know how and when to take a certain action - that is, you free your brain from spinning around thinking about it.

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I'll be preparing what to say tonight and I'll bring it up tomorrow when we have breakfast.

Step 7: Elevate success

Decide on a reward you receive when you have implemented the solution. Your self-esteem increases when you receive positive feedback for your efforts. You get a sense of success in your personal development, even if it 'just' comes from yourself.

Your way of addressing and managing problems in your personal development will also influence your surroundings to treat you with more respect. It increases your belief in yourself and your self-esteem becomes stronger.

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Now it is only your ambition and your decision that determines whether you want to gain self-esteem so strong it can never be weak again.

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Congratulations!

Congratulations on using the ISOLATE Method to get rid of problems so you end up in a trouble-free zone!

If you've done it once, keep on doing it and practice it so it will be an automatic response to every challenge that comes up in your life.

With Dreams, Love, and Adventure,
Frida Kabo

- Lic. LifeSpider Coach & Possibility Explorer

www.fridakabo.com

"When nothing is certain, anything is possible."

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