

Hack 04



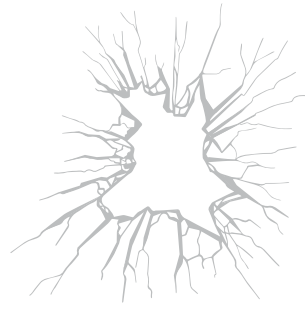
Facing Problems & Life Challenges

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**Often, it's the things we least
desire in life which make us the
person we most want to be**

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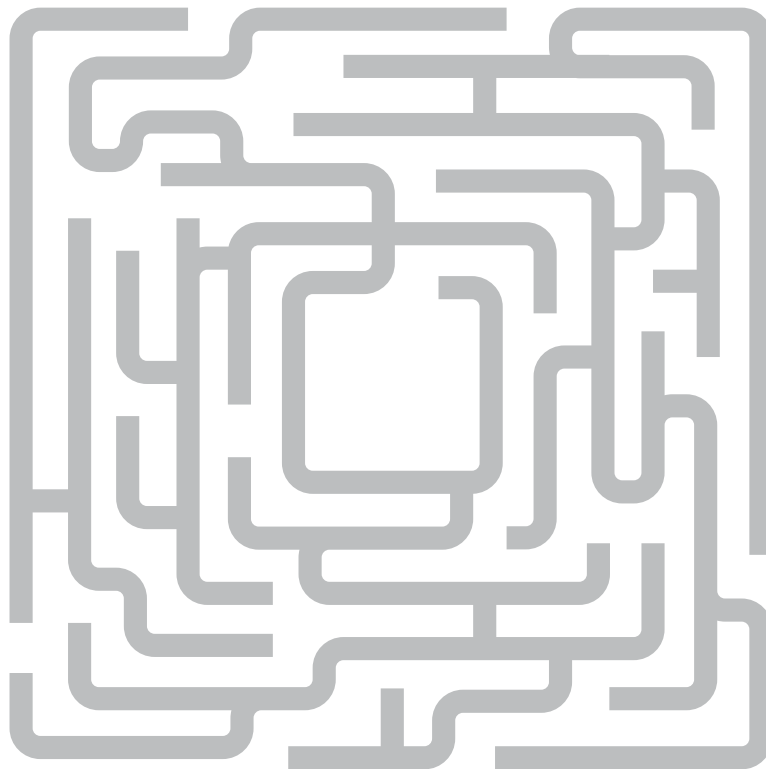
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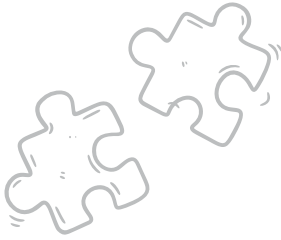


Whether we like it or not, we will all face various problems and challenges during our lives.

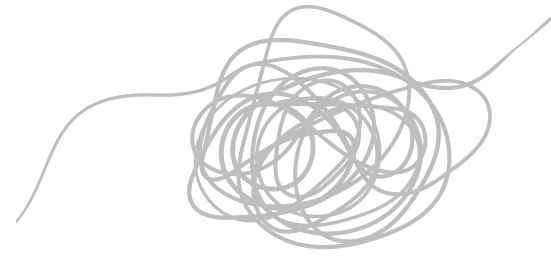
Problems can be defined as solvable obstacles that usually last for a short time. In contrast, life challenges are longer-term obstacles with no simple solutions. A successful happy person is not someone free of any problems or challenges, but rather someone who has learned how to solve problems and cope with life challenges.

Let's first discuss dealing with problems, and then we'll move on to tackling life challenges.





Problems



Every day there are various problems that we must deal with. Some are small and easy to overcome while others are more difficult to solve and will have a more profound effect on us.

Problems seemingly without solutions may frustrate us, making us feel overwhelmed and powerless, often leading to further problems.



Think about a recent problem you faced. Write about the problem and how it made you feel.

As a young person, I'm sure you have already encountered many problems. These can range from practical issues, such as completing a difficult piece of homework or not being placed with your friends for a class project, to more complex problems such as your relationships within your family. Learning to problem-solve is a vital skill and one that a successful teen needs to master.

Problem-solving doesn't need to take long. Just set aside ten minutes to use the SODAS technique. Sodas are more than just an American word for what we in Britain call "*fizzy drinks*". It is a great mnemonic (memory aid) for remembering an excellent problem solving technique:

