

Stop Fixing Problems!! and do this Transformational Exercise

A Step-by-Step Outcome-Thinking Blueprint

Introduction

If you are tired of feeling stuck in a cycle of problems, with your thoughts and energy consumed by what isn't working, you'll be pleased to know that there is another way requiring nothing more than a simple shift in focus.

In fact, it is so simple that many people think that they are already doing it, when in all likelihood, nothing could be further from the truth.

Are you problem focused or outcome focused, right now?

To test if you or your team are fixing problems or focusing on outcomes, ask yourself the few simple questions below:

- Do you or your team spend time moaning about and criticising others?
- Does anyone say "We've tried that before and it didn't work"?
- Are you finding that as soon as you resolve one issue, another arises?

Even though you have goals and targets, the chances are if you have said yes to any of the above, you and/or your team are spending too much of your time churning on problems, rather than achieving the desired and necessary outcomes your business needs and deserves.

Why Shift from Problem Focus to Outcome Focus?

- Break the cycle of negativity: Dwelling on problems often fuels stress, anxiety, and procrastination.
- Activate your brain's solution centre: Focusing on outcomes triggers creative thinking and resourcefulness.
- Create clarity: Defining desired outcomes provides a clear path forward.
- Boost motivation and accountability: Actionable outcomes naturally spark energy and a sense of progress.

Converting your frustrations into a clear, motivating plan is a sign of real progress and this guide is your invitation to do just that: move from a problem-oriented mindset to a dynamic, outcome-driven approach—one practical step at a time.

Whether you're a business owner, creative, professional, or someone seeking personal growth, the following exercise will empower you to transform obstacles into opportunities. This simple, research-backed blueprint can be completed in under an hour, but its impact can last a lifetime.

Your Step-by-Step Outcome Transformation Exercise

Set aside 30–60 minutes for this deep-dive. You'll need a quiet space, a notebook or worksheet (see below), and an open mind.

Part 1: Recognise the Issue

Clarify what's bothering you

Write down a challenge or frustration that's been taking up mental space. Be specific—describe the problem in detail.

- What's bothering you?
- When does it occur?
- How does it make you feel?

Example: "I never have enough time to work on my passion project. My days get eaten up by urgent emails and meetings, and I feel frustrated and uninspired."

Notice Your Current Focus

Reflect: Are your thoughts mainly about what's wrong, who's at fault, or what you wish would stop happening? Jot down a few sentences summarising your current focus.

- What language do you use when you talk or think about this problem?
- Is your attention on the obstacles, or the lack of progress?

Example: "I always say, 'I can't find the time,' or 'Something always gets in the way.'"

Part 2: The Outcome Thinking Approach

Step 1: Imagine the Ideal Outcome

Now, shift perspective. Ask yourself:

- What would a fantastic outcome look like?
- How would you know the outcome has been achieved?
- What would you be doing, feeling, or experiencing?

Write freely—there's no right or wrong answer.

Example: "My passion project is complete and amazing. It has been submitted and approved".

Step 2: Be Honest – Where are you in relation to the outcome now?

Write down exactly where you are in relation to the outcome, right now. Aim to be as factual as possible.

Example: "Over the past month, I have written x pages of report. In reference to the outcome the project is 10% complete."

Step 3: Have a Break!!

Once you have done the above – leave off for a while.

Step 4: Make your plan for Success

When you come back to it, you'll be amazed at how your perspective might have shifted and you have noticed a number of different ways to achieve your preferential outcome. Go ahead and hatch a plan.

Step 5: Do Something

Choose one tiny, immediate action that will move you closer to your outcome. Make it so small you can do it today or tomorrow.

- What's the easiest, most obvious first step?
- How can you make your environment support this action?

Example: "Tonight, I'll set up calendar blocks for tomorrow and prepare my workspace."

- What's your next tiny action?

Example: "I completed 90 minutes of focused work and feel more optimistic. Tomorrow, I'll review and adjust my schedule as needed."

Worksheet: Your Outcome Focus Blueprint

Print or copy this template for each outcome you want to achieve

Ideal Preferential Outcome Write out what would be amazing.	
Where Now? Where are you now in relation to the above?	
Break Plan something different in your break. Perhaps walk a new route, go for a bike ride.	
Plan for Success Organise your Ideas	
First Actions What are you going to do now?	

Conclusion: Your New Habit of Outcome Thinking

Imagine what could change if you applied this outcome focus in every area of your life - At work, at home, in relationships or personal growth.

Imagine what could happen if your whole team were applying this outcome focus in every area of your organisation.

Ready to move from frustration to forward momentum? Download the worksheet, take your first tiny action, and experience the shift for yourself.

Accelerate your Achievements

➤ *Align Vision*

Plan for Success

➤ *Expand Mindset*

The Mindset Shift

➤ *Develop Abilities*

Essential Abilities

➤ *Build Team*

Dreamwork for Teamwork

For more transformational tools, tips, and resources, join our email community at www.insight.meonsprings.com