

Problem solving assignment

i mental aikido myself when i need to phase a problem i will go to the gym so i feel that i am doing something good except i did not phase the problem i just run away from it

What is the big problem ?

- i need to improve my outreach
- i need to work on my sales
- being a bitch

Problem solving !

- Stop being a bitch
- Review my wins and losses
- Stop watching things that don't make me better
- Throw myself to the problem