

closer to it. "Any problem has a solution. It might not be obvious or easy, but it exists. Keep your eyes peeled and your mind open to new possible solutions, and they will come to you." Last but not the least, according to Fiona Biedermann, "When life gives you lemon make lemonade."

mental of all living things. A good way of addressing this is to focus on the solutions and not the problems themselves. What does this mean? Often, when we have an issue, we are centered on the issue. We think constantly on how bad and unpleasant it is, or how it is, or how it messes with our plans and ideas. However this has several effects. According to Uzi Levine, "Fall in love with the problem, not the solution?" To sum up, when you choose to spend your energy on the solution and not on the problem, you are choosing to move forward instead of getting stuck. Even if the solution is not yet obvious, you are focused on it, and you are open to new opportunities, challenges, and ideas that can bring you

to never lose sight of this truth. Many people let their minds wander toward the negative, which then prompt them to focus on more problems instead of searching for ways to resolve the situation and find out more and more possibilities and ways to get rid of it. "Do not lose hope nor be sad" (Quran 3:139).

one of the biggest problems among the crowd, especially the younger generation, is their overwhelming obsession for whatever feels good. Ironically, that's exactly the opposite of what creates successful businesses and leaders.

According to Sri Chinmoy "Do not blame the world. Find a solution." According to the natural selection and survival of the fittest, it is nothing new and it's funda-

Paragraph

Topic:

According to Psychology

"When you focus on Problems,
You will have more Problems.
When you focus on Possibilities,
You will have more opportunities"

Such moments occur in the ups
and downs of a man's life
when a man totally loses his
hope. He becomes pessimist and the
power of competition disappears.

"It is against the dignity of man"

All the progress in the world is
the result of determination and
perseverance that God has
granted to man. Instead the
first thing we do when problem
appears is focus on the negatives
and all of the problems in
our lives. Failure and adver-
sity are only present in
our lives to help us, not hurt
us." It's extremely important