

3. Solve real-life problems involving percentages and proportions

All of our problems are the same. Problems are forever and we can't avoid them. You'll wake up tomorrow and have problems for breakfast. You'll jump on the train and read a problem in your email inbox.

You'll get to the office and get a problem smack bang in your pretty face!

The typical problems we face can be solved.

Problem 1 : You didn't reach your goal.

Just because you set a goal, doesn't mean you're going to get it. Many of life's toughest goals take lots of attempts. Some of the goals I missed are:

- Dream careers
- Girls I wanted to date
- Saving enough money to build a school in Laos
- Reaching 100k followers on LinkedIn

People who talk about success and personal development (and even write for a site called Addicted to Success like me) also don't reach their goals.

The best feeling about reaching a goal is the journey it took to get there. If all your goals were easy, then you'd feel nothing at the end of the process.

Solution:

Take the goal you didn't achieve and try a different approach. Doing the same thing over and over to achieve your goal is the definition of insanity.

Your heroes miss their goals too. What makes them stand out is that they don't give up. The fun of goal-setting is knowing that you'll fail.

Problem 2 : Someone criticized you.

If you want to make a dent in this world, then the critics will come out of the closet. The bigger your aspirations are, the more you'll be criticized.

The number of critics you have is in direct proportion to your success.

“I had an entire blog post written about me saying how stupid I was. It felt like crap on day one. By day seven I'd made peace with the criticism and kept writing”

Solution:

You can't please everybody that you meet in life.

When you speak on a stage, for example, 25% of people will like you, 25% won't know who you are and 50% of people will think you're an asshole even though you've probably done nothing wrong.

Critics are not all bad. You can learn things about yourself from them too. The solution is to learn from criticism, not be afraid of it.

Problem 3 :Your career got messed up.

Whether you're an entrepreneur or a happy-go-lucky office worker, your career is going to get messed up at some point.

The definition of business is this: Moving from one problem to another and making money in the meantime to fuel your mission. Business is really just problem-solving. Redundancy could right hook you in the face.

The business you founded could go backwards and even bankrupt.

Your career skills could become outdated.

You could get fired for making a mistake.

Your career is going to get messed up. Things you can never predict in your career are going to happen.

Solution:

See career challenges for what they are: an opportunity to try something different. If your career never got messed up, then you'd probably stay in your comfort-zone for your entire life and never try something different.

The solution is to see your career getting messed up as a chance to grow. Getting made redundant could be the one reality that makes you want to create your own startup.

Having a customer leave could decrease your workload and create space for clients who won't drain your time and make you no money.

Problem 4: You have financial troubles.

That crazy little thing called money will let you down at some point.

“I've personally been rich and poor multiple times”

Upon reflection, the time I've been the happiest has been when I've had the least amount of money.

Countless studies have shown that money isn't what your life's about. As humans, we seek meaning, love and our own version of happiness.

Money won't give you any of those human needs.

That doesn't mean money doesn't matter; it just means that it shouldn't be your main focus or something you obsess over.

Press enter or click to view image in full size

Solution:

Lack of money is a gift. When you don't have money, you become resourceful and creative at the same time.

Lack of money helps you decide on what matters and what doesn't.

If things get really bad, then you'll likely prioritize feeding your family over buying another useless car that will never make you happy. You'll take joy in the simple things in life.

The solution to financial problems is to see them as a gift and choose a meaning for your life instead.

A relationship ended.

There's less than 1% of people who met 'The One,' lived happily ever after, and never experience a breakup.

Even that 1% will have that relationship end at some point when either side passes away.

For the majority of us who don't strike gold the first time around, we're going to have to deal with breakups and the trials and tribulations of romance.

We'll probably find ourselves in a toxic relationship for too long.

We'll probably get cheated on at least once.

We'll probably have our hearts smashed into a million pieces when we discover that someone 'No longer loves us anymore.'

These are the realities of the human condition and our need to reproduce and keep our species alive.

Solution: