

BREAKTHROUGH STRATEGY #3

Resolve a Specific Issue, Problem, or Dilemma by Using the Principles of *Stage Climbing*

This strategy is quite similar to the previous exercise except that this one is especially designed to help you to **use the *Stage Climbing* drill as a way of problem solving as well as thinking about any issue that is *within your power to resolve***. Since this strategy is designed to address a broad range of issues, parts of it may not apply to yours. Therefore, please feel free to customize it in any way that meets your needs.

To resolve a specific issue, problem or dilemma:

- 1) Identify the issue, problem, or dilemma that you would like to resolve.** Once again, please remember that ***Stage Climbing* can only help you to make changes *within yourself***. This means changing an attitude, belief, or behavior that is driving a self-defeating pattern, a negative emotion, or serving to push you in the wrong direction. **Changing another person or circumstances *outside of yourself* is not an option with this exercise.**

Please choose only one issue, problem or dilemma to work on at a time:

Do this separately for each issue that you want to address. (Note: You can download and reproduce this worksheet at StageClimbing.com/worksheets (Password: MyStageClimb).

2) Identify the Stage(s) that typifies the issue, problem or dilemma you are working on. This is the lens through which you are **now** seeing the situation.

Stage 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____

If this stage is unclear to you, please revisit step 2 in the previous exercise on managing hooks (Breakthrough Strategy #2) where this step is explained in much more detail.

3) Choose the target stage that would be ideal for you, to be able to resolve or obliterate this issue, problem, or dilemma optimally. This stage is the one from which you would most like to be operating as you address or resolve this issue. If you are not sure, please use the calibrations in Part II closest to your issue for reference. If you are still in doubt, start from Stage Five—the most neutral of the seven stages.

Stage 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____

4) What would be the situation (how would things be different or how would your life be different) **if the issue, problem or dilemma that you are working on were completely resolved?** Use additional paper, if necessary:

- 5) **Make a calibration for your issue** below. Start with the present stage, which is where you now see yourself with respect to this issue that you have identified in (2). Then answer some questions regarding your target stage (3): **What would you be doing or doing differently if you were operating out of the target stage you have chosen with respect to this issue? What would you believe differently about it?**

For each stage, fill in anything that occurs to you that may be relevant to your issue. **This includes any aspects of how you may be operating at the lower stages when addressing it.** (Use additional paper, if necessary):

- Stage Seven—**
- Stage Six—**
- Stage Five—**
- Stage Four—
- Stage Three—
- Stage Two—
- Stage One—

Review your calibration. If you've done it completely, **you can see a difference between how you were looking at this issue before and how you can see it now through the lens of your chosen target stage.** Take a minute to fill in anything that can make this perspective even more complete.

- 6) **Assume the point of view and posture of your chosen target stage.** How do you now view this issue, problem or dilemma,

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presumably through the eyes of a *Six* or *Seven* (or a *Five*, if that is the target stage in this case that you've chosen)? (Use additional paper, if necessary.)

If you were operating at your highest potential (and solidly at your target stage) **in this part of your life, what advice would you have for someone else** (whom you cared about) **who was struggling with this issue?** (Consider this "source of advice" and wisdom to be a great resource that is always available to you.)

What action steps are you now willing to take or commit to toward resolving this issue, problem or dilemma? What support, if any, do you need, and how do you intend to get it? (Use additional paper, if necessary.)
