

Breaking The Box

Bringing Inside Out Solutions™ thinking to problem solving

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How “Inside Out Solutions Thinking” Leads to a Competitive Advantage

How do people come up with innovative ideas that stand out from the competition? How do you overcome being stuck in a limiting mindset and think outside the box to solve problems? Ever wonder why it's so hard to come up with an alternative approach?

Imagine being able to quickly and easily appraise any situation and come up with an approach that is different to those around you.

Imagine being able to take a problem and turn it “*Inside Out*” by thinking about it in such a way that the problem disappears?

What is IOS™ Thinking?

Traditional education teaches us to think linearly in discrete, rational, logical steps which is useful for learning fact-based knowledge. It expands the boundaries of our thinking around knowledge, enabling us to build skill, experience and competencies professionally and personally. Based on deduction, this approach unfortunately addresses problems from inside the box, limiting your capacity to think laterally.

However, many of today's problems facing us occur outside the box, requiring creative, lateral thinking to find the solution. Here, our experiences and existing knowledge create and reinforce the boundaries that keep us from finding the real solution.

Traditional solution thinking is all about expanding the box; however it often still resides inside the original thinking. By breaking outside your boundaries, **IOS™ Thinking** enables you to see and think what others are not, *to be aware of what is and what is not* —the problem, the situation or the opportunity. In this way **IOS™ Thinking is transformational in finding solutions.**

Inside Out Solutions™ Thinking, is an inductive, non-linear approach to problem solving that opens your thinking and enables you to find solutions outside your existing knowledge, boundaries and limiting beliefs.

Inside Out Solutions™ Thinking blows the boundaries beyond the box. It challenges status quo thinking by shaking up existing underlying decisions and beliefs that limit your ability to achieve your best. It helps you step outside the boundaries of a problem and see new ways of solving it.

What was impossible, now suddenly becomes possible.

How to use IOS™ Thinking

How do you develop IOS™ Thinking? By changing what controls your thinking; your mindset. It is not affirmations, positive thinking or will power. It addresses issues of your mindset, which is how most people and organisations are stuck inside the box.

Firstly, let's look at how to define mindset: ***“It is a continuous state of belief that encompasses your values and beliefs with energy.”***

In plain language it means that we take actions consistent with our values and what is important to us. Those actions and corresponding experiences lead to particular results and the formation of habits in the mind which overtime become set, and in turn reinforce beliefs as to what one knows and can achieve. These beliefs become filters through which you evaluate situations and opportunities. In other words, you become stuck in a particular mind set or thinking box.

Positive thinking or will power have some ability to make us feel better, but they are created by the same mindset inside the same belief system which only reinforces current habits of thinking. At best, we may shift some thinking, but only if it is close to the existing boundaries of what we see is possible. We cannot consider or realise possibilities way beyond the boundaries of our thinking unless we break through our box, i.e. go outside to see inside the solution.

The problem is that your filters are only providing information based on your established internal programs of values and beliefs; the other information remains invisible to your conscious, and as do the solutions.

To be able to blow out the boundaries that you have created means you need to develop new neurological pathways in your mind, so that you can see and be aware of what else is available. You need to change your mindset.

Mindset change is created through four stages of IOS™ Thinking, i.e.

FEEL > SEE > IMAGINE > CREATE

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| 1) | FEEL | Get to know and understand what are your filters, i.e. the values and beliefs that are creating the blockages and boundaries. |
| 2) | SEE | Look beyond your filters and see what is real and not perceived, become aware of what are the facts without interpretation. |
| 3) | IMAGINE | Eliminate the word “can’t” from your thinking and imagine how you can make the impossible possible. |
| 4) | CREATE | Find alternative solutions beyond what is known and comfortable. Dare to be bold. |

By applying this process you will open new thinking and form new neural networks that will take you beyond the existing presumptions and judgments to allow you to see and create new solutions to problems. As you become open to more unfiltered information, you will gain the knowledge needed to increase awareness and lateral thinking; this drives unrestrained creative perception and solutions. Knowing the solution drives your behaviour to achieve results and success.

Your mind is capable of solving complex problems on several dimensions, as long as it is not tied down by inside the box thinking. By applying IOS™ Thinking you will transform yourself into a lateral thinker able to conceive new and innovative ideas and solutions.

For over 25 years, Paul Mracek has established and run successful businesses across Asia, Europe, USA and Australia. He’s the author of several books on success, business, balance and how to apply the “Warrior Mindset”. Paul is an Experienced as a Coach, Mentor, Trainer and Consultant and a 7th Dan Black Belt in Martial Arts.

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