

DYANA VALENTINE



YOUR PROBLEM IS NOT THE PROBLEM

PICK YOUR MENTORS

Choose one or two people you wish you could ask for advice on your life. They can be anyone-alive or dead, fictional or real, friend or foe.

e.g.: Mr. Rogers & Michelle Obama

FIND A STRENGTH

Pick one thing you are **really** good at-something you get complimented on, can count on yourself for, are unbeatable at.

e.g.: Helping people with problems you secretly have

SELECT A STRUGGLE

Write down something that you are struggling with-on a scale of 1 to 10 choose a struggle that is a 5, not a major issue but not a little irritation.

e.g.: You're not perfect yet-how annoying!

GIVE IT AWAY NOW

Send your struggle and strength to your mentor (even if it's the mentor in your head). Write down their advice.

e.g.: Mr. Rogers says "Help a child & you help yourself."

Play this game in real life. Take a strength, and a problem, then give them away. Let them outside yourself even for a minute. How does it feel to realize you are not the problem? You are not broken. There are strategies that combine your strengths with your struggles. Learn more and watch Dyana on <http://bit.ly/tedx2012dyana>. **Decide to be great(er).**

