The Glass is Half Full – Shifting Perception to Achieve Results

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What do you see?

“When you change the way you see things, the things you see change.”
The Plan

- Examine thinking patterns
- Change the way we see ourselves, others and situations
How Do You See Yourself?

Personal
(e.g. confidence, analytical skills)

Relational
(e.g. compassion, listening)

Situations
(e.g. mistakes that offer learning, upbringing)
Idea Smashers

- Like
- Concern
- Suggest
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SELF TALK

- What don’t you want?
- What do you want?
- Where is your focus?
The Way We See Others
Ladder of Inference

^ Take actions based on beliefs

^ Adopt beliefs about the world
(our beliefs affect what data we select next time)

^ Draw conclusions

^ Make assumptions based on meanings we add

^ Select data from what we observe

^ Observable data and experiences
The Way We See Situations
Pike Syndrome

- Ignoring differences in situations
- Assuming complete knowledge
- Over-generalizing reactions
- Rigid commitment to the past
- Refusal to consider alternatives
- Feeling victimized by one’s environment
- Failing to test one’s perceived constraints
Risk Taking

- Clarify a goal
- Evaluate ways to accomplish the goal
- Consider your risk taking tendencies
- Increase the reward/risk ratio
- Take action
As we *change* our thoughts, we *change* our minds, we *change* our world.
Working with people to unleash their creativity and remove barriers to their success!

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