The Glass is Half Full –
Shifting Perception to Achieve Results

Examine thinking patterns and look for
1. opportunities rather than problems
2. strengths more than weaknesses
3. what can be done instead of what can’t
Change the way we see – ourselves, other people, and situations

The Way You See Yourself

Personal assets - (e.g. confidence, analytical skills)
Relational assets – (e.g. compassion, listening)
Situational assets – (e.g. mistakes that offer learning insights)

LCS

Don’t Want - Do Want (use the back side of this paper)

The Way You See Others

Ladder of Inference

The Way You See Situations

The Pike Syndrome

STEPS to Successful Risk Taking

☐ Clarify a goal
☐ Evaluate ways to accomplish the goal
☐ Consider your risk taking tendencies
☐ Increase the reward/risk ratio
☐ Take action

Plan of Action – what is the one thing you will commit to doing differently?