

## **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?

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