

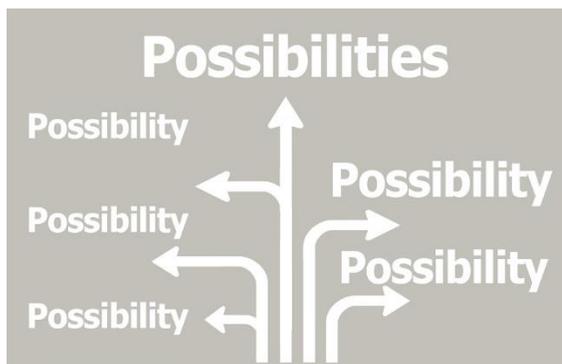


DECIDE. ACT. MAINTAIN. SUCCEED.

Tip #12 of 12 Mindset tips for improved performance:

All Procedures Should be Designed to Increase Choice

When you think about being “stuck” it usually has something to do with a lack, or a perceived lack, of options, If you can only see on thing to do, and that one thing does not serve you, or is in conflict with your values; you feel stuck.



What if there were choices? What if there were other options that you just have not been able to realize? Think back to times when you felt stuck. How did you get out of that feeling and into action? Most likely, you decided on a direction and started. And by getting into motion, you no longer felt stuck.

Options are the remedy for stuck. Options are the solution to problems. Options create choices and choice feels like freedom, especially after being stuck.

Sometimes stuck feels like you have a choice; either do it or don't do it. Not much freedom here, is there? Try this exercise when you think that all you have is do it or don't; yes or no. ask yourself the following questions:

- What will happen if I do it?
- What will happen if I don't do it?
- What will not happen if I do it?
- What will not happen if I don't do it?

Or, to put it another way:

- What will I gain if I do
- What will I gain if I don't
- What will I lose if I do?
- What will I lose if I don't?

This may seem as if you are asking the same questions. You are not. This forces you to look at your situation from two additional points of view. The answers may not readily come to you and the exercise of searching for the answers will often



DECIDE. ACT. MAINTAIN. SUCCEED.

times give you additional insights to recognize there are more options that do or do not (apologies to Yoda).

Another concept here is that we often get so deep into our problems that we simply cannot see outside the problem. And, when you think about it now, the solution to any problem is not in the problem, the solution is always outside the problem – in “not problem.”

As an experiential exercise, pick up a piece of paper and look at it. you can see the boundaries of the paper, right? Now, bring the paper to your face so it is touching your nose. What do you see? Just paper. Think of the paper as a problem, we get so deep into the problem that its all we can see. If you move the paper away from your nose to arm’s length again, you can once again see the boundaries of the paper, cant you? More importantly you can see all around the paper – you can see everything that is “not paper” and, metaphorically, that’s where the solutions to paper/problem reside.

Go back to Tip #8 and review the exercise of imagining your problem to be floating in mid air in front of you. When you do this, its like you are moving the paper from blocking your view to a point where you can see “not paper.” You can, in your imagination, see your problem’s boundaries and since you have now given it boundaries, you can experience all that is “not problem” – where the options are.

For more on this and other tips on how to use your mind for improved performance, email George@GeorgeGillas.com and request a copy of “Soft Eyes ~ Still Mind ~ Laser Focus” It’s free... no strings attached, literal or metaphorical!