



Being Your Best 'FOR' the World – A Twist In PERSPECTIVE

Perspective is 'the way we see things'. We believe we are looking at the world in an objective manner, while all the time viewing things through our uniquely developed lenses. No doubt you will recall a phrase we often use – 'you always get more of whatever you focus on'. So we need to be conscious of how we view the world and how that affects our behavior throughout our waking hours.

With this in mind, the initial idea for consideration as we move into 2013, is ***'being awake to how we view things'***. There are a number of facets of how we can work with this, some of which include the following:

- *How we view the important people in our lives (& those outside our 'importance sphere')*
- *The words and language we use – whether consciously or 'after the fact'*
- *Our definition of personal success OR well being & most importantly, our behaviours and actions either supporting or differing*

All significant change for us begins with 'changing how we SEE things', then supporting this with aligned behavior. Changing habits is not easy, as we are dealing with 'hard-wired' programs that remain connected in our brain, even while the new habits are formed. Therefore, it takes a conscious effort, over a prolonged period of time, to really program and live new habits.

So **message number one for 2013**, is to think about your PERSPECTIVES and *identify one or two that you would like to improve upon.*

This leads to **message number two for 2013**. We hear a great deal about individuals or organizations that are 'best in the world'. There also is a fixation about 'being the best', in a sport, in a class, or a business. Well here is another perspective that we came across in Dewitt Jones' video – 'Celebrate What is Right with the World'. Dewitt describes an individual who's focus was being 'best FOR the world'. Not only an interesting perspective, but also a valuable point for reflection – ***"where can I be best FOR the world?" What 'could this really mean' with your family, friends, coworkers and clients?*** How can you be 'best for them?'

2013 'Perspective and Best FOR' exercise:

- 1. Identify one or two 'high leverage perspectives' that you would like to improve upon.***
- 2. Decide (in writing) 'where, what and how' you can be 'best for the world' in 2013. (Best For – based on your passions & gifted talents)***
- 3. Identify daily & weekly behaviours supporting the above and reflect weekly on your progress***

"And in the end it is not the years in your life that count. It's the life in your years."

Abraham Lincoln

Reflection on how we see the world

What do you 'focus on'? Our focus is situational, but it is valuable to consider ***when we are on the 'left or right side' – what it does to our energy and those around us!***

How We View Things

'You always get more of whatever you FOCUS on'

What you don't want	OR	What you want
What's wrong with others	OR	What is good about others
Negative Gossip	OR	Positive praising
Failures	OR	Successes
Weaknesses	OR	Strengths
"I Can't"	OR	"What Can I/We Do?"
The cup is half empty	OR	How can we fill the cup?
Judgmental (assumptions)	OR	Understanding
Criticism	OR	Gratitude
Focus on self - poor me	OR	Focus on others – how can I help