

WHAT

EXPAND

Reality is broader than you can see at the moment. There are always more options than you think.

Look beyond the obvious. What seems like a limit today may be only an incomplete perspective.

Change the angle of observation. If you keep looking at a problem from the same point of view, you will keep finding the same answers.

Explore unexpected references. Connect with people outside your circle, discover and experiment with ideas you never considered before.

POSSIBILITIES + OPPORTUNITIES = ALTERNATIVES

Build on what you have. Instead of focusing on what's missing, use your current resources as a starting point to consider new options in your life.

Do not assume limits. Not all restrictions are real; some only exist because you have never questioned them. Dare to challenge them.

Listen to other versions. Share your ideas with different people. A fresh look can reveal opportunities you hadn't imagined.

Not all opportunities are obvious to the naked eye. Some require you to adjust the way you interpret reality.

IDENTIFY

HOW

Expand your network of influence. The people you interact with shape your view of the world. Connect with new perspectives, listen to ideas that challenge what you take for granted and see how others generate alternatives.

Explore invisible connections. Events, situations and decisions are more interrelated than they appear. Identify how different aspects of your life influence each other and use those links to unlock opportunities.

Change your internal narrative. The way you explain what happens defines what you believe is possible. Ask if the story you tell yourself is expanding or limiting you. Reframe your interpretation of events and try other ways of describing your situation.

Open up more possibilities

BRING THE NEW INTO YOUR LIFE

Activate new opportunities

Update your beliefs. Your ideas determine the opportunities you see. Review your statements about what you can and cannot do and reframe them to make room for new options.

Clear emotional knots. Emotions can cloud your ability to see alternatives. Identify what fears or resistances are holding you back and work on clearing those burdens to make decisions with greater clarity.

Break the inertia. If you always act the same, you will get the same results. Introduce small changes in your routine, make different decisions and experiment with new ways of acting to discover alternatives that you had not considered before.