

Perspective Rewire Exercise



What you need:

- At least 15 mins free from distractions
- Pen
- Notebook/Journal or Paper

Instructions

- 1) Do the 'state mellower' preliminary.
- 2) Read and do as instructed in **A** if for business, or **B** if it is for you.
- 3) Let it sink in and follow your inclinations.

State Mellower

Get comfortable. Seated, lying down – however you want. With your eyes closed you are going to breathe in for a count of 5, hold that breath for a count of 5 and then exhale for a count of 5 and you are going to repeat that 5 times. You are aiming for roughly 5 seconds on the inhale and breath hold but you will notice your exhale count getting slower each time as you relax more, as you mellow more. Coming from this, nice and relaxed, you will now be able to read through the relevant next section with an open mind.

A.

Lets put mission statements and company values to one side for a moment. Goals and plans too, while we are at it, and lets just get you using your imagination.

Imagine this...A customer, your customer, has recently purchased the goods and/or services that your company specialises in providing. They are ecstatic. They are completely smitten with their investment and have taken to recommending you to all of their family and friends. They have even taken to the socials and given you a shout out.....Why?

Take out your pen and write. Whatever comes to mind, let it flow. What was it that your company did so well, what did this customer experience with you?.

B.

Ok so you are not sure on where you're going or even what you want. Maybe you thought you did but realised you didn't really or maybe you've never felt that calling. Whatever the case, lets just stop for a moment, stop searching and get you imagining.

Imagine this....you wake up tomorrow morning and money is no object. You can quit your job and just do what you want. What would you do and what would you buy?. How would you spend your day?. How would you spend the rest of your week?, the rest of your year?...Write it down.

Now fast forward two years, money is still not an object – you can have and do all the things, you're free. Without giving them money, in what way would you like to help people? What would you like to teach them or share with them?....Write freely, for as long as you want.