

REALITY-BASED LEADERSHIP

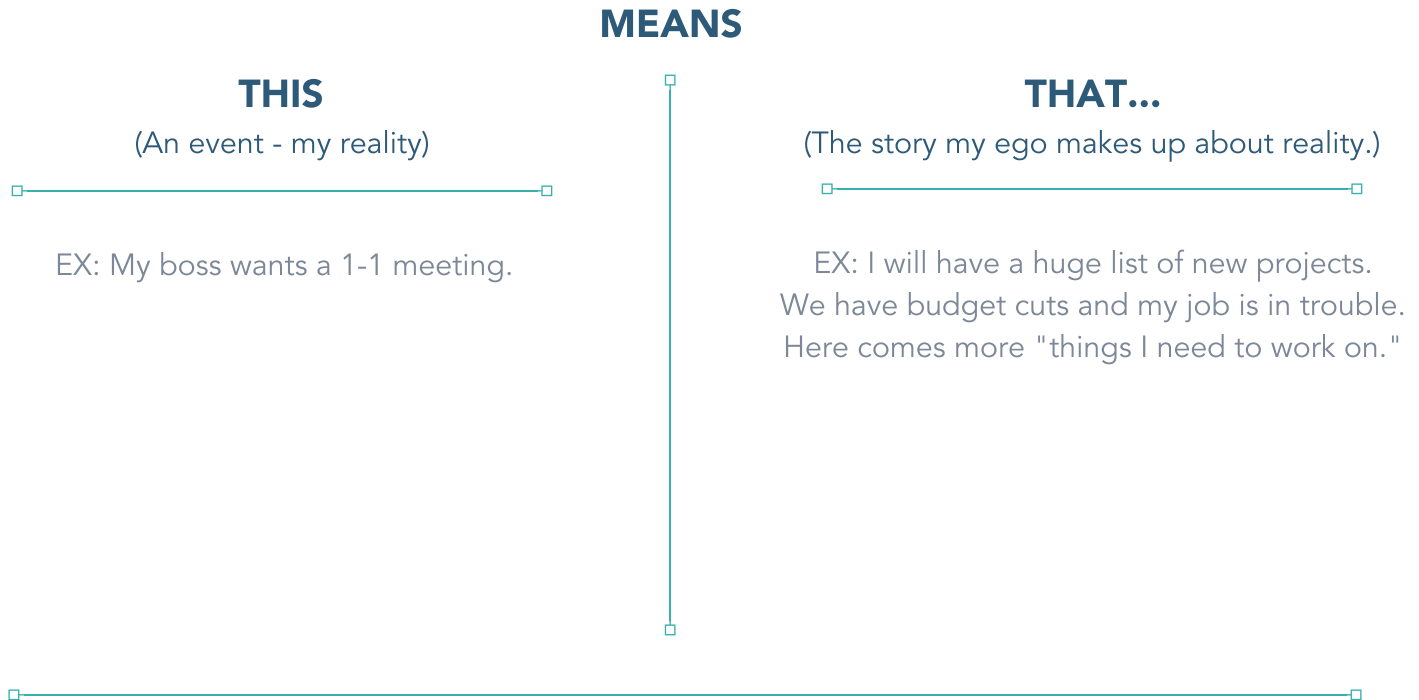
"THIS MEANS THAT" EXERCISE

"If you want stress, get a future." - Cy Wakeman

OVERVIEW

Most of us are unaware of how much we jump to conclusions and assign meaning to simple events that happen in our lives. The culprit of this behavior is our ego, which is constantly narrating our world and adding stories that cause us stress in our new realities.

One of the most powerful ways to have peace in your life is being able to separate out your reality (THIS) from what is causing you stress (MEANS THAT...). This activity is a visual way to bypass your own ego, stick to the facts of the situation and conserve energy lost to drama.



NOW... SELF-REFLECT

Get back to the facts by asking yourself these questions:

1. What do I know for sure? What are the facts?
2. What action would I take if I didn't believe my "this means that" story?
3. Is the meaning I've assigned to my situation true?
4. Given my facts/reality, what would great look like?
5. Given what I know for sure, what is the next best action that would add value?